

Lambda

Laurentian University's Student Newspaper

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Wow, did we just have an intellectual conversation in this office? Cool!!

-Steve Martinovich,
Assistant Editor Extraordinaire!!

BUNDLE UP!!



IT'S FREAKIN' COLD OUTSIDE!!

MAKING AND BREAKING NEW YEAR'S RESOLUTIONS SINCE 1961

Resolve to Make Students Priority #1

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Lambda is the weekly student newspaper of, by and for the students of Laurentian University. Lambda is funded through a direct student levy by the members of the Students' General Association, yet remains autonomous from all University organizations, both student and administrative.

Letters submitted must bear the author's full name and telephone number. Printing of names will be withheld by request.

Lambda is a member of Canadian University Press (CUP) and as a member respects and upholds the CUP Statements of Principles and Code of Ethics.

Staff membership is open to all members of the Laurentian University community and is contingent upon a recognized contribution to three editions, nine hours volunteer work per term or fifteen hours per academic year. Articles written to meet external job requirements shall not be considered for the staff membership status.

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All contributions
greatly appreciated!!

by Janice Savage
Editor-in-Chief

My first editorial in September was about the trend I had seen develop whereby students had somehow been forgotten at L.U. I have come to believe that students are considered by many to be just one more group on campus to fight for parking spots over and not as the principle reason why Laurentian exists in the first place.

On January 5, the *Sudbury Star* ran a front page story about parking at Laurentian. They reported on a proposed increase in the price of parking to \$50 a month effectively making it cheaper to take the bus than drive. Even beyond the absolutely ridiculous price, other factors have not been taken into account. No men-

tion has been made on beefing up security for those students (or staff for that matter) standing outside in the cold after night classes. According to Sudbury Transit, the university has not been lobbying them for better service either.

University services are not necessarily for all students. I felt it necessary to do a little research on the "emergency loans" given out by Financial Aid and the Treasury departments after I discovered that the method for paying back these loans was through OSAP deductions. Apparently, this is the *only* method of paying back loans. I was told by Financial Aid that unless I was an OSAP student the University had no "guarantee" that I would be able to pay back the loan therefore it wasn't very likely I would qualify for one. Well, if the guy who came to my high school and told me I would be graduating into fame and fortune if, and only if, I came to Laurentian, was



right than the university shouldn't have anything to worry about over a measly \$300, right?

Did you know that the university is currently running at a surplus of funds? One of the more recent things to be done with this surplus was to subsidize the unpaid days off required by faculty under the social contract effectively reducing their number of Rae Days to four. While I

can understand that this probably gave students back a couple days of classes, I can think of all kinds of things that could be done with a few extra bucks.

Why wasn't this money used to build new parking lots, or subsidize (or pave) the ones we have to prevent students from getting parking tickets they don't deserve and standing in the cold waiting for a bus that never comes? Why hasn't this money come back to us in the form of lower incidental fees? Why is the university sitting on its blue prints literally waiting for the right interest rate to come along before building a new residence, yet is using government funds to renovate parts of the R.D. Parker Building, a predominantly administration building?

I was hoping by now I could report that something had changed and students were coming back to priority number one. Maybe some administration person is looking for a New Year's Resolution...

SPACE FOR RANT Shocked! Rebuttal!

Penny Baltzer
Contributor

I look forward to reading Lambda each week, when I am on campus, but this week I was more shocked than usual by one of the entries in the Entertainment section.

The 15 Reasons You Might Have For Keeping Your Mouth Shut was quite disturbing to me. This article shows me the lack of sensitivity for persons with disabilities.

The Special Needs Office has tried to educate the L.U. Community about persons with disabilities. It

.....
This is a copy of a letter sent to Dr. Cappon regarding the ACAPlan proposals.

Dr. Cappon,

We, the undersigned students of the School of Translators and Interpreters, are deeply concerned with the numerous rumors that have been circulating throughout the University regarding our program of study. We have a vested interest in this situation but we would also like to see the continuation of our program. We have a few questions which we would like you to address as soon as possible. Namely:

- Since Laurentian University's Charter claims to promote bilingualism and considering that bilingualism is identified as one of the University's main objectives in the Strategic Plan, why is the Administration willing to eliminate the only program that identifies bilingualism as an objective? Is Laurentian's credibility as a bilingual institution thus not compromised?
- Is there a possibility that Translation will be eliminated abruptly? If the program is eliminated, what is the administration willing and able to make as arrangements to accommodate those students affected by an abrupt closure?
- Why have the students not been informed or consulted regarding the ACAPlan proposals that are soon to be discussed in Senate? Will our B.S.L. degrees carry the same weight once the program is eliminated?

We are angry and frustrated by the lack of information and consultation. In our view, an immediate response is mandatory and expected. We are under enough pressure and stress with our course workload, we have no need for this added anxiety.

We look forward to your response.

Kelly Gravelle & Dominic Vidmar
Co-Presidents
School of Translators and Interpreters Student Council

Alex B. Wilde
Staff Writer

I am writing this as a response to the Editorial "Addressing the Crimes Of A Few" in the November 24th Lambda. I found the article to be insulting and misinformed. The White Ribbon Campaign has never been run by women. Last year it was by Jeff Gaudette of the Laurentian University's Engineering Students Society. It is a Pro-Feminist organization and run completely by men. It was not only maddening, that after the support I had received from Lambda that in the issue with the White Ribbon on the cover, the first article belittles the campaign and without any knowledge as it. The campaign is not addressing the crimes of the few but the crime of an entire gender, my gender. If not directly but within a society that supports men's violence as a viable answer. Men's silence is the crime we are trying to address. This is a consciousness raising program, with that we are also trying to raise money for Geneva House (a shelter for battered women and their children). It is true that this campaign may not achieve a concrete solution. Other than cutting up the White Ribbon Campaign what concrete things are Lambda involved in? — Action to help combat violence against women like continually bashing the Women's Centre.

As for the accusation of rehashing the Montreal Massacre I wish that the author actually read Lambda because in my three previous articles I have mentioned the incident once. I mentioned it in explaining why the men that organized this campaign started. This campaign has dealt solely with local (L.U.) men's violence and not with Montreal.



I am very glad that the editor actually knew that there was a display in the bowling alley against intoxication as a defense. This was put on by the Laurentian University White Ribbon Campaign, this was part of the action of this campaign. As for this campaign being fruitless, never was it stated that wearing a ribbon would make the world a better place but it is meant to raise awareness. It is an attempt to let me know that other men do not support violence. One of the things that allows men's violence against women is men's silence. Perhaps that Lambda offices need larger windows so that the staff there could look out, down upon the campus and possibly see that there are other things that are wrong with Laurentian other than parking, our actually having a Women's Centre, and the White Ribbon Campaign.

My intention has never been to "belittle" the White Ribbon Campaign nor do I believe you read the editorial to hear what I was saying. My intention was to make people think beyond the action of wearing a ribbon as to why this week became necessary in the first place. I stand by my opinion that this is not a crime of an entire gender and, Mr. Wilde, If the men you know "support men's violence as a viable answer" perhaps it's time you found some new friends.

J.S.

Lambda circulates 3,300 copies throughout the city of Sudbury and the Laurentian University Campus. We thank the following for permitting us to circulate our paper at their establishments: Vesta Pasta Cafe, Backstreet Nightclub, The Black Cat, The Towne House, The Editor's Bookshop, the Outside Store, Muirheads (3 locations).

New Education For Nurse Practitioners

Elliot Gold
Contributor

TORONTO - A university program to train nurse practitioners will begin next September, Health Minister Ruth Grier announced today.

All 10 of Ontario's university nursing schools will offer the program to registered nurses. The program will accept 75 students per year.

"Nurse practitioners offer a nursing alternative to the traditional treatment role of doctors and at the same time free doctors to do more of what they're trained to do," said Mrs. Grier. "This is about offering patients greater access to a diverse team of health care providers."

Nurse practitioners are registered nurses who have additional nursing education. They are

generalists who provide services in health promotion, prevention and treatment of disease and injuries, rehabilitation and support. Their services differ from but complement those provided by the family physician and other primary health care professionals.

The universities offering the Nurse Practitioner Certificate program have organized themselves into three groups. They are:

- Ryerson Polytechnic University (lead school) in Toronto,
- University of Toronto, York University in North York
- McMaster University (lead school) in Hamilton
- University of Western Ontario in London
- University of Windsor, and
- Lakehead University in Thunder Bay
- University of Ottawa (lead school),
- Queen's University in Kingston, and

- Laurentian University in Sudbury
This is the first time a program of this kind has been offered in Canada since 1983.

Mrs. Grier also released the report, Nurse Practitioners in Ontario: A Plan for Their Education and Employment, which outlines the program.

Nurses with a degree will study for 12 months for the Nurse Practitioner (NP) certificate. Diploma-trained nurses will take a 24 month program, after which they receive an NP certificate as well as a bachelor's degree in nursing. The program will be available full or part-time.

Nurse practitioners already practicing in Ontario can have their experience and prior training assessed by either the regulating College of Nurses or a university nursing school. About 30 of these NPs could qualify for immediate registration with the Colleges of Nurses. Another 150 are



likely to need only one or two courses to meet registration requirements.

Mrs. Grier also announced that the ministry will make the necessary changes to fully recognize the role of nurse practitioners.

The ministry has undertaken an extensive consultation to work out which laboratory tests and drugs NPs will be able to order and prescribe.

Research in the United States and Canada over the last 25 years indicates that care provided by NPs results in fewer interventions, fewer

hospitalizations, and improved long-term care health outcomes such as better hypertension control, better weight control and improved compliance to treatment.

While nurse practitioners will most likely work as part of multidisciplinary teams in agencies that already receive Ministry of Health funding, they may also alone or with other nurse practitioners in rural and remote areas depending on the needs of communities.

The University Research Incentive Fund

Wendy Rinella
Contributor

TORONTO - The University Research Incentive Fund (URIF) is an exciting Ontario government program designed to encourage co-operative research ventures between Ontario Universities and the private sector.

URIF awards funds to specific research projects on the basis of proposals submitted by Ontario universities. To receive URIF funding, projects must be covered by a formal research contract between the university and an eligible private sector enterprise.

At present, for instance, URIF is supporting a partnership between McMaster University, Westinghouse Canada Inc., General Motors of

Canada Ltd. and Husky Injection Molding Systems Ltd., to develop new quality control strategies for machined parts. This study could provide the manufacturing sector with a competitive edge in the international market. URIF also currently supports research projects in genetic modification and DNA fingerprinting that could lead to better value, improved nutrition and/or higher disease resistance in a number of grown-in-Ontario agricultural products.

It is expected that the program will lead to increased co-operation between the universities of Ontario and the private sector. Such cooperation has many benefits:

- economic development of the province;
- new or strengthened linkages between the academic and industrial research communities;
- transfer of technology from the universities expertise;

- enhanced research capacity in the universities; and
- greater opportunities for interdisciplinary research.

URIF is a program of the Ontario Government jointly funded by the Ministry of Education and Training and the Ministry of Economic Development and Trade. A Selection Committee which advises the Ministry of Education and Training, composed of academic and industry representatives, assesses the projects on their scientific and business merit.

Every dollar invested by a corporation from the private sector in an approved research project may be matched by up to one dollar drawn from the fund. Effective June 1, 1994, the maximum URIF award for any new project is \$250,000. The maximum duration of any research project supported by the fund is three years.

No Strings

by Rob Ramlackhan
Editor, The Future
Confederation College

Lambda doesn't often print stories regarding the abuse of power that other student papers sometimes have to face. In this case, I would like to make an exception simply because the editor of the paper from which this comes was uncertain whether or not he would be able to print it himself. I give to you an "apology" originally meant to be published in the Confederation College paper, the Future regarding a front page that read "Dahmer joins Cobain in Hell for Christmas Dinner". I think that this exemplifies the frustration felt by some student journalists as we work to strike a balance between responsible government and freedom of the press.

- JS

I have been ordered by misguided powers to apologize for the cover of the December 6th issue of the Future or face immediate dismissal.

I make no apologies for my decisions.

Instead, I apologize for those of you who were offended by the cover for your lack of sense of humor. I apologize to those readers who felt this paper was finally getting interesting. I apologize to the Student

Union Board of Directors who seem to have mistaken me for their puppet. I apologize to the Future's advertisers who have been, like me, led to believe that this was a student newspaper, and not propaganda for the Student Union of Confederation College.

Effective immediately, I resign from my position as Editor-in-Chief of the Future. I refuse to work for a pro-censorship organization which is run by an individual who would support misguided youth over proven experience.

I am not your puppet anymore.

DO YOU KNOW WHAT'S NEW?
WE WISH YOU'D TELL US
WRITE FOR THE NEWS SECTION
CALL 673-6548
AND ASK FOR KEVIN

LOOK UP SGA events calender



Student walk out

On the 25 th of January we are encouraging students to partake in the national student walk out. This is being done to protest the new social reform proposal



GENERAL ANNOUNCEMENT

• EVENTS HOT LINE

Having problems finding a copy of Lambda on Monday night, now you can call the Hot Line and get all the information. # 675-1151 ext. 1059

• FAX SERVICES

Fax services available at the SGA office every day, **LOW** prices.

• SGA BOARD MEETINGS

Every wednesday night at 5.30 pm, in room SCE 239 in the Student Center. All are invited!!

• GROCERY BUS

Every saturday, starting at noon buses will be shuttling people between the SSR bus stop and LOEB's at four corners. Cost is a loonie

USE IT OR LOOSE IT!!!

• LOONIE SATURDAYS AT THE PUB

Come to the pub and see what you can get for a buck! No cover charge, cheap booze and a great time!

• V.I.P. PASS PROMOTION AT THE PUB

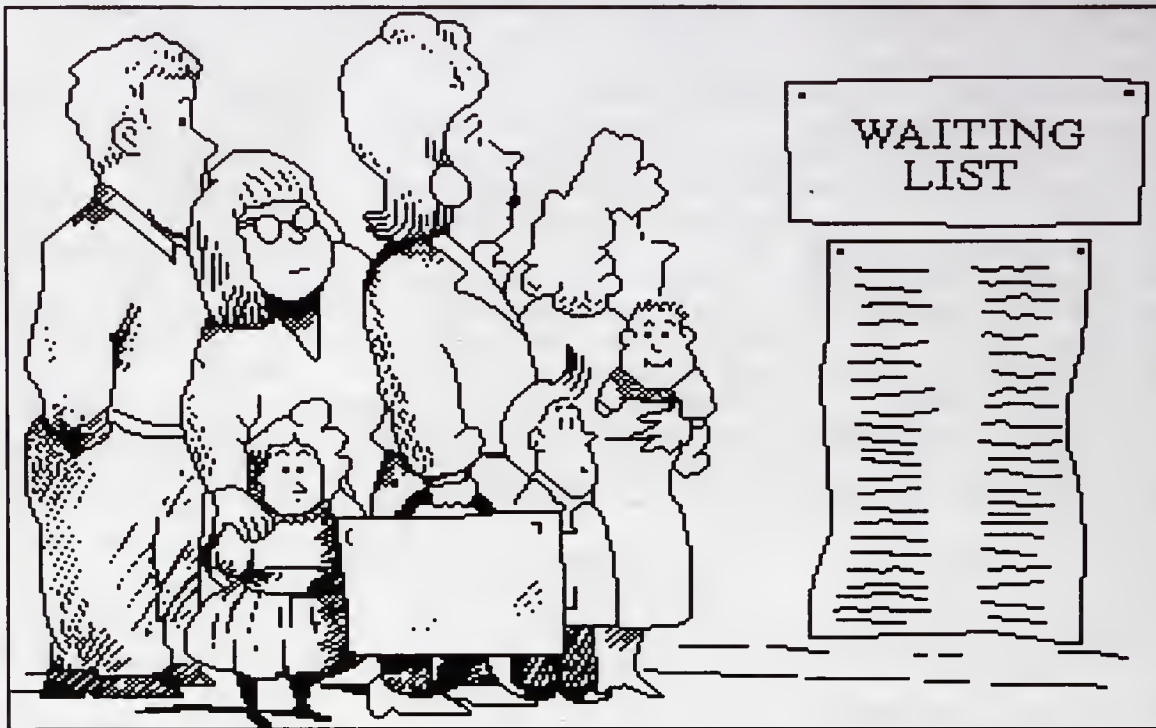
This is your chance to winne a V.I.P. pass for the pub. Yes this means no more line-ups and no more hassles

Medical Treatment Denied

W.E. Breen
Contributor

Ontarians are being denied medical treatment not only PROVIDED, but FULLY INSURED for other Canadians. We have just returned from Texas, where we paid up front, in American dollars for treatment that is 100% covered (although the wait list can be up to 4 years) at an Environment Medicine Clinic in a Canadian hospital. OHIP refused to help with ANY related costs for our daughter's care, even though treatment at this and an English clinic were covered previously for other patients. To add insult, Kari was treated by a CANADIAN nurse, TRAINING for the recently announced EXPANSION of another province's Environment Clinic!

Because of a life and death situation, (documented by three Ontario Medical doctors who stated in letters to OHIP that Kari should go to Dallas) we were forced to go outside Ontario. Although there are doctors who specialize in the treatment of



Environmentally Sensitive patients, Ontario has no hospital based clinic. In May, Mrs Grier announced the opening of a Toronto clinic, but yet it has not materialized.

OHIP's arrogance and conflicting responses to our requests for help are shameful. Mrs Grier did not respond at all. The Premier's response was that he could not interfere

with the Health Ministry. Wonder how he would have felt were is HIS daughter who was dying?

In my opinion, within the Ministry of Health, or the Ontario

College of Physicians and Surgeons, there are some NARROW MINDED, OLD FASHIONED DOCTORS who are skeptical about this "new fangled" Environmental Medicine, and as a result, Ontarians are receiving SECOND CLASS medical care.

The good news is our daughter is recovering, and is back at school. We are lucky, has we been deterred by OHIP, or could not have borrowed the money, or received financial support from friends and co-workers, things would have been much different. We shudder to think of less fortunate families who could be in this situation.

Ontarians DO NOT WANT TO, nor SHOULD THEY HAVE TO, leave Ontario, Visa card in hand, to get medical care for their children, CARE THAT IS AVAILABLE AND INSURED FOR CANADIANS IN OTHER PROVINCES!

If you agree with that statement, please clip this letter, your name and address on it and mail to Bob Rae, Queens Park Toronto M7A 1A1.

Student Day Of Strike And Action

by Canadian Federation of Students

OTTAWA - January 25th has been designated the Student Day of Strike and Action against the proposed Axworthy Social Policy Reform by the Canadian Federation of Students. The momentum for the organization on this major event is growing and students from coast to coast are organizing actions with their campuses and communities. Student leaders from across Canada will be in Ottawa this weekend to discuss actions for the important demonstration and Provincial Representatives of student associations will unveil their plans of actions to the media.

A press conference will be held on Friday, January 6th at 2:00 p.m. at the Fern Lounge of the Commons Building (1125 Colonel By Drive) at Carleton University to officially announce the numerous provincial activities planned for the January 25th Student Day Of Strike and Action.

University of Sudbury President honoured by France

On Nov. 23rd, Father Jacques Monet, s.j., President of the University of Sudbury, was inducted as a Chevalier de l'ordre des palmes académiques. This prestigious, international academic and cultural distinction was created in the 19th century to reward people who have committed themselves to French and French-speaking culture.

During the presentation ceremony, held at the University of Sudbury, Mr. Frédéric Limare, Cultural, Scientific and Cooperation Attaché at the French Consulate General in Toronto, underlined Jacques Monet's contribution to the French language and French culture in Sudbury, Northern Ontario

and Canada. During his academic career, Father Monet has proved himself as a prolific scholar, and a valued historian with numerous publications. Prior to his arrival at the University of Sudbury in 1992, Jacques Monet taught history at the University of Ottawa, and at the Université de Nantes in France.

By awarding this prestigious silver medal, France also recognizes the French presence in Northern Ontario, the continued presence of the Jesuits in this part of the province for the last 150 years, and the 80th anniversary of the foundation of the Collège du Sacré-Coeur.

New Tobacco Law

Ontario's hard-hitting Tobacco Control Act came into effect Nov. 30. Aimed at reducing smoking, especially among young people, the legislation is among the toughest in North America.

"Today is a very important day for public health," said Minister of Health Ruth Grier. "Tobacco kills more than 13,000 people each year in this province. Each one of those deaths is preventable."

In his annual report, released last week, Ontario's Chief Medical Officer identified tobacco use as the number one public health problem in the province. Despite decades of public health warnings, tobacco accounts for 80 per cent of lung cancers and 25 per cent of all fatal cancers.

Currently 1 of every 4 young people aged 15 to 19 smokes. Since 1991 smoking among Grade 7 students has increased by 50 per cent. Research shows, however, that if young people reach the age of 20 without smoking it is likely they never will.

The Tobacco Control Act makes it illegal to sell or give tobacco to anyone under the age of 19. It also:

- requires tobacco retailers to post health warnings and age limits, and required identification
- bans the sale of so-called kiddie-packs (packages containing fewer than 20 cigarettes)
- bans the sale of tobacco in vending machines as of Dec. 31
- bans smoking in facilities used by young people, such as day nurseries, schools and children's hospitals



- requires packaging to show health warnings and a list of toxins
- bans the sale of tobacco in health facilities including, as of Dec. 31, pharmacies
- bans smoking in a wide range of public places, such as stores, financial institutions, video and amusement arcades, laundromats, hair salons, barber shops and transit shelters and stations
- restricts smoking to designated areas in shopping malls, hospitals, colleges and universities and sets out stringent criteria for those areas, such as size, number and ventilation
- requires clearly posted signs detailing smoking prohibition/restriction
- sets out rigorous enforcement measures, fines and penalties

of up to \$75,000 and retailers will be prohibited from selling tobacco products. Non-compliance with packaging regulations will result in fines up to \$300,000. Under the new law smoking in prohibited areas can result in fines up to \$1,000.

The Ministry has given local public health units \$2.5 million to hire and train enforcement officers. They will educate retailers about the Tobacco Control Act and ensure compliance with the legislation.

"The legislation that comes into effect today is tough medicine, tough medicine for a tough health problem," said Mrs. Grier.

The Tobacco Control Act is part of the province's strategy to prevent tobacco use, protect people from the harmful effects of second-hand smoke and help

Tobacco retailers who sell to minors may be fined up to \$2,000 for individuals and \$5,000 for corporations. Second and subsequent offenses will result in fines

TOBACCO

Aids: What you want to know

by Josée Goudreau and Sherri Dixon
Contributors

AIDS does not discriminate, everyone is at risk. Everyday, 6000 new infections occurs worldwide. That's the population of L.U. Look around that's a whole lot of people. It's been said that HIV/AIDS doesn't happen to people up here in the North. It does! In Northeastern Ontario 115 cases of AIDS have been reported and approximately 335 persons have tested positive for HIV. Unfortunately,

nately, that's not all. It is estimated that for every three or four people that don't know they are. You can make sure it doesn't happen to you. We aren't invincible or immortal so let's play it safe. Remember, once it's all it takes. Everybody is free to make their own choices but on this World AIDS Day I want to remind you to make the smart choices.

Play it safe be happy.

P.S. Happy World AIDS Day

Enter Stage Right

by Gord Gekko
Columnist

Arthur Schlesinger, a historian and hero to our sandal-wearing left-wing, came up with the theory that history and economies run in cycles, usually thirty years in length. The theory itself has been proven rather flawed, but it does have a certain amount of validity when explaining actions in the political world, or more specifically why a federal finance minister will repeat the same mistakes and bury us deeper in the same problems.

I speak, of course, of Mr. Paul Martin's comments immediately following Christmas. Realizing that his deficit projections will be off, he made the comment that higher taxes would hurt Canada less than a higher deficit. He is not the first finance minister to say this, but he will be the latest in a long line to muddle things up further. Here is my gift to conservative Commerce students at LU. I don't know what your professors are teaching you, but here is what I think.

Pay attention: *Raising taxes places a drag on the economy and increases your deficit. Lowering taxes increases your revenue and ends up cutting a deficit.*

I can no doubt see your eyes reading that sentence with a certain amount of disbelief. However, in practice, it works and I'll show you two stellar examples.

The first was a liberal's liberal. John F. Kennedy cut taxes by a third in 1964. The result for the United States was an unleashing of the economy, revenues doubling in eight years and helping to reduce unemployment to three percent. The Democrat controlled GAO argued that the tax cuts would destroy the economy and create a third world state. Oh, how history has proven them wrong. What destroyed Kennedy's accomplishment was Lyndon Johnson's massive spending on the "Great Society" programs.

Ronald Reagan applied the same principles to a greater degree. With a massive tax cut, revenues doubled between 1980 and 1990 (the last year of true supply side economics), from \$517 billion to \$1 031 billion.

No doubt, if you've watched the 'unbiased' American media, you've been told that Reaganomics did not work, that the rich got richer at the expense of the poor. The deficit went up and the economy went south. Here, however, are the facts.

- For the poorest fifth of Americans, real family income increased 15%
- The number of families earning \$50 000 or more increased
- The number of poor **dropped**. Between 1983 and 1989, the total population under the poverty line dropped by 3.8 million people
- The rich paid more income tax
- The deficit actually dropped, at one point, to \$150 billion
- 96 uninterrupted months of straight economic growth

Why did the deficit increase?

In order for Reagan to get his tax cuts, he was forced to increase social net spending. Even with those increases, the deficit fell for three consecutive years. The Democrats (again) ruined what was working.

I realize that the economy of Canada is not as dynamic as the United States. But the principles of capitalist economics has not changed since Adam Smith. Some things work, some things don't. Increasing taxes to pay off the deficit does not work.

If Mr. Martin really wants to cut the deficit and get this country back into the black, here are some starting points.

One. Start cutting the social net. Every single program is not only a massive drag on the economy, but also on individuals from every single income bracket. Do it slowly, but do it.

Two. Start cutting taxes across the board. Let those who are most likely to save and invest money to do it. Let them create the jobs, not government programs that waste ridiculous amounts of money to do the same inefficiently.

Three. If you don't cut social net spending, at least freeze the spending, or keep future increases in line with inflation.

Four. Cut down on regulations that we impose on people and business. Unneeded or special interest regulations costs us untold dollars and jobs.

Mr. Martin obviously believes, as many left-wingers do, that the economy is a zero sum game. If the rich are earning more, than the poor are being robbed. If the deficit is to be reduced, then we must take it

away from individuals.

The economy should be thought of as a ever growing pie. The larger it grows, the more there is for everyone. Instead of punishing people for wanting more, we should be rewarding them. Cutting taxes and spending will enable more people to become more successful and create more tax payers which will increase reve-

nues, lower the deficit and so on ...

What can you do? Write to Mr. Martin and tell him that you will not stand for more taxes. And that especially goes for the Commerce students. I expect Tracy and her friends to start writing now...

NEXTWEEK: Censorship in Canada?!? Hate mongering?!? It can't be...unless you speak out loud...



Equal Views

learning approach.

Well I was an ambitious youth, doing work out of class at that age, and maybe I'm a little crazy from all that learning, but I think the education system is just not up to doing it's job.

And it's not as if it couldn't do the tasks it has been assigned, because it has in the past. But when it's more important that my brother go and see some beautiful works of art at the local gallery, (which by the way my parents took us both to see on a regular basis.) instead of learning basic writing and numerical skills it seems as though there is something wrong. Sure the kiddies should go and see art on occasion, because some parents aren't like mine. But when my parents have to fork out \$5 every 3 days for my brother to go someplace there is something fundamentally wrong.

I mean, my parents aren't rich, and the taxes they pay leave us just above the poverty

line. And they have to spend more for my little brother to do fun stuff, and be culturally aware. But the big thing is, if you don't go on these little trips, you're somewhat outcast by the rest of your class.

Instead of taking these little journeys, I think that maybe the education system would be better off if they teachers actually dam-

aged the kids little brains, and teach them how to read, write, and work with numbers. It would help the level of our society, because as some of you might have noticed going through high school, some people just can't write, read or do math very well at all. But that's next time's topic, so until then, read something. (A really bad hooked-on-phonics jingle.)

We Would Like To Share With You...

The L.U. WOMEN'S CENTRE Ten Daily Affirmations

1. I control my thoughts, emotions, and actions and direct them to improve the quality of my health, my relationships, my performance, and my life.
2. I am a good, valuable, and worthy person.
3. I am fully capable of achieving the goals that I set for myself today.
4. I trust my abilities and my judgment in taking risks that test my limits; I am willing to live with the consequences and rewards of my decisions.
5. I am responsible for the values by which I live.
6. I learn from problems and setbacks, and through them find opportunities for improvement and more personal growth.
7. My spirit, mind, and body are a powerful team which I set free to excel.
8. I am my own best friend and coach. When I talk to myself I am encouraging, supportive, and respectful.
9. Every day I'm becoming more knowledgeable, more aware, more curious, more caring, more adaptable, more successful, and more in control.
10. Regardless of what happens in my life, I've decided to be happy.

Your attitude is your own and you control it. So in the morning go to your bathroom mirror and try these affirmations. Remember, "You don't get what you want in life.. YOU GET WHAT YOU PREPARE FOR AND EXPECT!"



by Phileas Fogg
Contributor

Visiting home last weekend I got back to my hamlet that I came from a little early. I decided to go look in on my little brother who is going to public school, in grade 5 or something along those lines. Imagine my surprise when I was invited into class as the guest of the day. This was a great honour on my part as you can guess. Well I got to sit in with the fun they got to have, such as recess, games that they played,

turned blue, and recite grammar lessons until my lungs collapsed. There was no need for recess, as everyone was too exhausted to move, but we got it anyway. The point was, we actually learned something, even though it was in prison camp fashion.

But the people who go to school now seem to learn much less. Maybe I was just an ambitious youth, but the stuff my brother learns now is stuff I could do when I was four years younger than him. Or maybe it was damaging to my mental state to have all this knowledge pushed upon me at a young age. Or maybe it's just that the education system has decided to downstep it's

PUBLIC ANNOUNCEMENTS

EVENTS

Starting in January, the L.U. Women's Centre will be presenting their Luncheon Film Fest every second Thursday, during lunch time. Everyone is welcomed to bring their lunch and free coffee will be available. The film *Thelma and Louise* will be presented on January 19, 1995.

The Entrepreneurial Edge Conference and Expo
January 20-22, 1995 in Toronto
the winning edge... It's graduation day and everyone is asking the same question "What are you going to do now?". However, unlike your peers, you have an answer, you have an edge - "The Entrepreneurial Edge". Entrepreneurship involves much more than simple exchanging risk for profit, it's an attitude, it's a mindset, it's a lifestyle that can help you achieve success in any career choice. Whether it be owning a business or working within the corporate community, embracing an entrepreneurial lifestyle will give you a winning edge. For more information on the Conference, contact Michael So, President of the Association of Collegiate Entrepreneurs (ACE) at 688-9093.

Cannonball/Bellyflop Competition
Come on out to see the huge splash at the Olympic Gold Pool. The intramural department is hosting the Cannonball/Bellyflop contest on January 22, 1995 between 5:30 - 8:30 pm. There will be 32 floppers battling it out for a \$50 cash prize and numerous other prizes in a single elimination tournament. Residence and off-campus students will be involved in a "friendly competition" between one another to see which group gets the most people out to view the event. The reward for having the most people per capita will be a percentage of the earnings made from the \$1.00 admission from the spectators. These earnings will be given to the winning residence council. There will be prizes for all floppers, not to mention the countless door prizes for the spectators. Prizes awarded will come from the following sponsors: Dairy Queen, McDonald's, Subway, Red Lobster, Blockbuster Video, Romes Grocery, Loeb Grocery, Bob's T-shirts, Gillette, Crispy Crunch, Champs Sports, Burger King, Culpeppers, Laurentian Bookstore.

GENERAL INFO

Anyone (Staff or Student) interested in a CARPOOL?
Looking for affordable transportation into Laurentian? or Hate fighting the traffic into Laurentian? or Hate trying to find parking in the Pit? Want to share the cost of driving? If so, then call Joscelyne at 675-1151 ext. 1087 from 8:30 am to 4:30 pm or Sheri at 673-2158 after 5 pm.
Goal: To improve traffic and parking conditions.

To connect those in need of rides with those who can provide rides (thus, distribute the cost of gas) by linking people from the same area who have similar schedules. Just give me your: name, phone number, days and times you need or can provide transportation, area of town you live in (those from surrounding areas just give me your general location) and COST of daily transportation.

Laurentian Christian Fellowship
meets every Friday for Bible study and fellowship. Students meet at the SSR bus stop at 6:30 pm for a ride or visit LCF in the Clubs Room for more information. All are welcome to attend. LCF is a part of Inter-Varsity Christian Fellowship of Canada.

Peer Assistants
As a peers assistant, I come across many people who would like to discover alien worlds, do new things. But guess what, they haven't anyone to do it with. Well I came up with a plan to match the unmatched. If you want to know what it is, call 673-6506 and find out.

I don't know about you guys but I didn't come all the way from Chicken village to sit in the library all day studying. When I came, I came with the intension of not only increasing my knowledge, but my life experiences as well. It seems all I have added to my so-called life experience is going to Backstreet, Ralph's or Mingles and getting pissed, or watching some other fool get pissed. This is not the story I want to tell my friends back home. I want to tell them that I went alpine skiing, bungy jumping, mountain climbing, scuba diving, horse back riding, ... well you get the picture; I have to lie. Well why the heck do I have to lie. If I found some other

ambitious adventurer to do things with, I wouldn't have to. What about it guys. Anyone out there want to do things but haven't the people to do it with. I've got a plan. Call me at 673-6506 and I'll match you with someone who wants to do the things you do.

Women's Centre
The L.U. Women's Centre is still looking for new volunteers and collective members. If women's issues are important for you, volunteering at the Centre would probably be a great experience for us and you. Please drop by the Centre for more information, we are located in the Student Centre L233, or give us a call at 675-1151 ext. 1089. Hope to see you soon!

MISSING IN ACTION
One large banner "Quilts on the rock", taken from Education Building (outside wall) on Fri. Oct. 14, 1994. The value of this banner is over \$700 and was taken prior to this Quilt show held on Oct. 14-16, 1994. The Sudbury Stitchery Guild would very much like to have it returned. No Questions asked. This prank will prove very costly to this hard working group. Please return the banner. It can be left at the Athletic equipment counter in the Phys-ed building or call 522-7577 for pick up.

Are you finding University studies a tad perplexing? Are the study methods (or lack of) that you used in High School not working? Would you be interested in improving your overall study skills? If so, the Counselling and Ressource Centre at Laurentian is offering study skill seminars to help you find the tools you need to succeed! All students who are interested in improving their study habits, are encouraged to contact the Counselling and Ressource Centre at 675-6506, or stop in at our office, located on the second floor of the R.D. Parker Building, down the hall past the Bookstore.

3 on 3 Basketball
IT'S BACK!! Returning for another exciting year is the Intramural 3 on 3 Basketball Tournament. Registration for both men's and women's teams will take place between Thurs. Feb. 2 to Thurs. Feb. 9, 1995 at the Physical Education Services office. The cost will be \$15.00 per team due at the time of registration. Each team may

carry up to four players and a captain must be named when registering. The league can only accommodate up to 12 men's teams and 12 women's teams. Early registration is suggested to avoid disappointment. Mark Sunday March 19/95 on your calendar to either participate or cheer on your friends. Further details will be released as the event draws closer. In the meantime, if you have any questions, contact Kelly at 560-1927 between 5pm and 9pm.

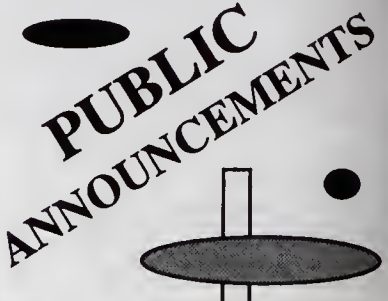
Bursary
The Janet Springer Memorial Award, value of \$450, is still available. The requirements are:
- 2nd, 3rd or 4th year Female student in science or engineering program
- good academic standing and financial need
- Application required
Deadline: January 27th, 1995

Rotary Foundation
The Rotary Club of Sudbury is now accepting applications for the Ambassadorial Scholarship for the academic year 1996-97. A brief covering letter and resume from the applicant

will suffice. All applications are to be submitted to Rotarian Monique Homer by January 31, 1995, at the following address:

Rotary Club of Sudbury
P.O. Box 201
Sudbury, Ontario, P3E 4N8

The Ambassadorial Scholarship provides for study abroad in one of 184 countries and geographical regions where Rotary Clubs are located. The scholarship provides for tuition fees, room, board, travel, educational supplies, etc. The scholarship is for one year only and the scholar must return to Canada at the end of the year. For more information, contact Monique Homer at 675-1324.



For more information about
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3 Travel Arrangements
4 Health Coverage
5 OSAP

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Students who will have successfully completed the first, second or third undergraduate year may apply to study medicine in the English Study Program at the Third Medical Faculty of Charles University in Prague, Czech Republic, starting in September 1995. Write for more information and for application forms to: International Education Centre, Box 228, 29 Arthur Rd., Heidelberg, ON., N0B 1Y0. Attach \$2.00 for postage and handling.

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The Sudbury Winter Tennis Club

The Club has a special deal for students.
1. Membership for students drops to \$70.00 as of Dec. 15
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The courts are located in the "Igloo" at Queen's Athletic Field. Phone 688-1414 for more info.

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per issue
\$1.00 for twenty (20) words or less
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Ads must be paid in advance

Public events are free. Deadline for submission is Fridays at 4:30pm.
We reserve the right to modify information submitted if needed.

Empty Toner Cartridges Turn Into Cash

Susin Hurst
Communications Specialist

MISSISSAUGA - The magic of Christmas and giving turn empty cartridges into cash for Nature Conservancy of Canada (NC) and World Wildlife Fund Canada (WWF). Canon Canada Inc. donated \$56,305 to NC and WWF Dec. 20th through its Clean Earth Campaign.

The Clean Earth Campaign is Canon's program to recycle empty toner cartridges. For every toner cartridge collected, Canon donates \$1, shared equally between NC and WWF to support their initia-

tives in Canada. Each organization received \$28,152.50 this year.

Since Canon offers several convenient options to Canadian businesses for returning their empty toner cartridges. Canon even covers the cost of shipping.

Consumers can mail their empty toner cartridges to Canon using postage paid mailing labels. Labels are available from Canon and are inserted with every new toner cartridge. A consumer simply has to package their empty cartridge, seal the box and affix a Canon label before depositing the package in a full-size letter box or taking it to a Canada Post outlet or franchise. Canada Post will also pick-up cartridges in multiples of eight.

Authorized Canon dealers

participating in the Campaign also accept empty toner cartridges.. Consumers have a third option of returning from eight to 40 empty cartridges by courier collection kit containing a specially-marked waybill.

Canon remanufactures empty toner cartridges by turning the plastic body into pellets which are melted and poured to form a new cartridge. Aluminum parts are reused if they meet strict quality standards or recycled for alternative uses. All packaging is also recycled.

For further information: Tel. (905) 795-2111 ext. 3542

TURN INTO CASH

MUSIC REVIEWS MUSIC REVIEWS MUSIC REVIEWS MUSIC REVIEWS

Tom Petty - Wildflowers

by Steve Martinovich
Assistant Editor

I remember once reading a reviewer writing about one of Tom Petty's old albums. The wag wrote, "Tom Petty is our Bob Dylan, I just wish it wouldn't take so long for him to realize it!". I hate smart alecks, but I can understand why he wrote it. *Wildflowers*, Petty's solo project, is a prime example.

Although it is billed as a solo project, all of the Heartbreakers are present with the exception of drummer Stan Lynch, who left the band last year. Like all of the Heartbreakers material, Petty also wrote all of the songs. With all of these similarities, I expected something as good as all of their old stuff.

Wildflowers is good, but the album seems to be missing something. It doesn't have the same hooks that *Full Moon Fever* or *Southern Accents* did. It doesn't contain any songs like "Even the Losers" or "Refugee". There are some good efforts like "Hard On Me" and "To Find a Friend", but overall it just seems like a 'middlin' effort.

Petty fans will think it worth buying, and to be truthful, Petty not at his best is a hell of a lot better than 90% of the artists out today. I guess I was a bit disappointed because, while it was good, it didn't reach Petty's usual standards. If you're not as critical as I am, pick it up.



Eulogy - Three Dead Sheep

by Steve Martinovich
Assistant Editor

The only music that we ever seem to hear about from Quebec are the dreadful Celine Dion and Mitsou. Finally, we have something else to listen to. Well, not all of you. It seems of late that Quebec is really opening up with metal bands.

Eulogy is a death metal band from Two Mountains who have released *Three Dead Sheep*, a three song tape containing the songs "Three Dead Sheep", "All Lock Unlocking Key" and "Crematorium". I have to confess that I don't usually listen to death metal bands because the voices of the singers can be somewhat monotonous. Ivan Westley's voice is different. It sounds so mean that I think the guy uses sand paper to get his voice ready.

It's also different death metal. It's not straightforward like other death bands who think the only thing necessary is a voice from the grave and heavy slow bass. *Eulogy* describes themselves as, "astral death metal". Whatever you want to call it, it's good.

At any rate, if you're looking for something new and different from a predictable field, order this one from Ivan Westley, 315 24th Ave., Two Mountains, Que., J7R 5W1. Ivan also tells me that the band is preparing for their first video so watch out for it.



10 Best Ways to Spend Your
Brand Spankin' New
Student Loan!

by Bert C. Ennah
(CUP) Other Press

10. Pay off your MasterCard.
9. Take your Psych. class to see CATS. On Broadway.
8. What's an apartment without a leather couch?
7. Buy a shitload of bananas and make a donation to the SGA in the name of Simba the Great.
6. Have Henry Rollins drop by the Pub for a spoken word performance.
5. Rent a Ferrari for a week, and tell everyone that crime does pay.
4. Offer Bob Rae a bribe. No reason.
3. I hear fur bell-bottoms are coming back.
2. A white-water rafting adventure for you and three close friends.
1. Two Words: Gold Duotangs...

Bonus (No laughing, Okay?): Citing temporary insanity, fly the entire Lambda Staff to the Cayman Islands for Spring Break!!.

DAY:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30	MORNING BREATH	MORNING BREATH	MORNING BREATH	MORNING BREATH	MORNING BREATH	ROSIE'S JOURNAL	7:30
8:00	BREATH	BREATH	BREATH	BREATH	BREATH	BREATH	8:00
8:30							8:30
9:00							9:00
9:30							9:30
10:00	ALTERNATIVE	NUCLEAR COFFEE	MONSTER A GO GO	TBA	AN UNCOOL JOKE	NOT ABOUT CUTE BUNNIES	10:00
10:30							10:30
11:00							11:00
11:30							11:30
NOON	COUNTERSPIN	SECOND OPINION	LA BANDE MAG.*	EARTH CHRONICLES	ALTERNATIVE RADIO	ON DECK SPORTS	NOON
12:30	RADIO FRANCE	BIG BACKYARD	RADIO FRANCE				12:30
13:00							13:00
13:30							13:30
14:00	RIP'S DEEP END EXPERIENCE	EVENT HORIZON	TRANS CANADA HIGHWAY	CAN CABARET	DROP	KALIEDASCOPE	14:00
14:30							14:30
15:00							15:00
15:30							15:30
16:00	SOMEBODY ELSE'S NEIGHBORHOOD	ROCK'N'ROLL LOVE LETTER	A MIDWEEK CRISIS	TBA	UNIT 18	VICTOR'S ONE AND ONLY	NEVER NEVER LAND
16:30							16:30
17:00							17:00
17:30							17:30
18:00	RADIO STIR FRY	RADIO STIR FRY	RADIO STIR FRY	RADIO STIR FRY	RADIO STIR FRY	WHERE IT'S AT	CONTEXT
18:30	PUBIC AFFAIRS	PUBIC AFFAIRS	PUBIC AFFAIRS	PUBIC AFFAIRS	PUBIC AFFAIRS		
19:00							19:00
19:30							19:30
20:00							20:00
20:30							20:30
21:00							21:00
21:30							21:30
22:00	A FINE KETTLE OF FISH	REALITY ASYLUM	UNCLE ANGUS' ARGYLE EXPERIENCE	SURREAL COOKING HOUR	DUMP TRUCK FULLO JELLO	TALK 'O' BAR	NED'S MOSH CRUCIBLE
22:30							22:30
23:00							23:00
23:30							23:30
0:00	A GREEN GLASS OF GREEN EARTH WORMS	EXPERIMENTAL	HOUSE OF LEAK	EXPERIMENTAL	EXPERIMENTAL	EXPERIMENTAL	RESTAURANT AT THE END OF THE UNIVERSE
0:30							0:30
1:00							1:00
1:30							1:30
2:00							2:00

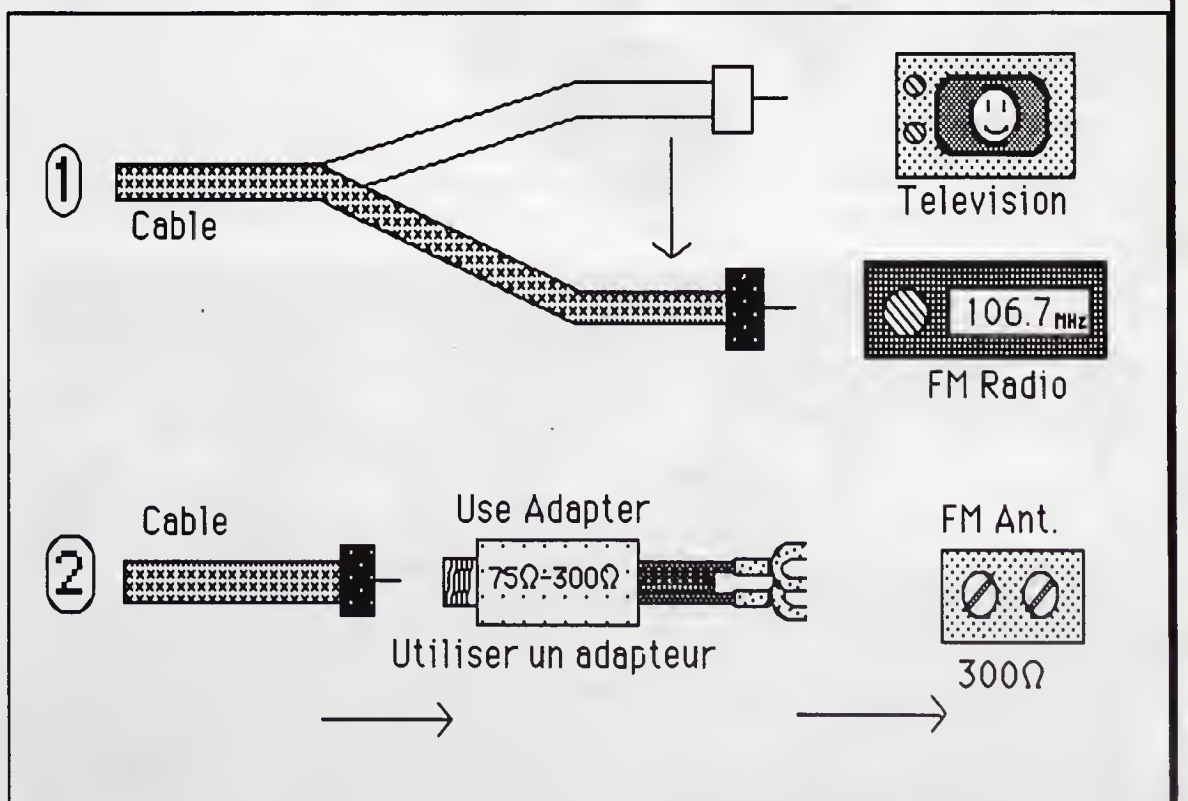
* ALTERNATES BETWEEN "TURNING POINT" AND "VIRAGE INCONNU"

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The Groove Comes Easy for S.F.H.

by Steve Martinovich
Staff Writer

The Canadian metal scene has been knocked for years, and it's understandable considering that homegrown talent often sounds as if they were desperately imitating American bands. The same cannot be said of London, Ontario's S.F.H. In one form or another, S.F.H. has been producing great stuff since 1987. With two efforts to their credit, including their latest All You Can Eat, they have been moshing across Canada redefining what heavy metal is. I sat down with Bob Reid, vocalist and guitarist to get some of his thoughts on metal.

Lambda: The Canadian music scene seems general unsupportive of Canadian metal. How hard do you guys have to work to receive the same things that other bands in other genres automatically receive?

Reid: I don't know if there is a lot of metal, there is a little bit, but not much. It basically seems to be a follow the leader thing, that's just basically what it is. It's easier for a Canadian record company just to pick up something that's already been worked on in the States. They are just signing someone and looking at numbers. People just don't take Canadian music seriously and a lot of people think metal bands are just a bunch of idiots and they're fucking wrong.

L: Do you think you have to work twice as hard to get the same respect?

R: You know what it is? To us it's kind of simple. Once we get to play in front of somebody then comes the respect. Because we walk around and we don't have fat heads or anything like that, we just like to get together with people and make some music and drink some beers, and the thing is the people have got their backs up as soon as we walk into a room and they're like all protective, we go up and play and after the show it's "amazing" and "wow" and it's like what else did you expect? We're not in this 'cause we gettin' paid big bucks, we're in this because we like what we're doing.

We're not just a fad and we're not just a flash in the pan, we like making good tunes. We don't sit around and look at other bands and think, "Ooo, I wish we got breaks like that other band". You gotta earn your break, you can't expect people to just open the door for you.

L: Who do you think your influences are?

R: That's a very difficult question to answer. A lotta times it depends on the mood you're in. Music wise I'd have to say bands like, and here's the old cliché, Kiss, Black Sabbath, Judas Priest...Elvis Presley. My dad used to play in Ronnie Hawkins' band and I was two years old listening to pure and simple rock and roll. Chuck Berry. Stuff that people go "What?" but when you think about it, everything comes down to rock and roll, especially metal. So, in the 1970's when I was growing up it was definitely those three bands, that's what I would say and I got caught in the black metal scene in 1981, Venom, Slayer, all that stuff, Motorhead of 1979.

L: What do you listen to from today?

R: Today? S.F.H. (laughs)

L :

aware that the music scene has been attack a lot for negative messages, people trashing it like Tipper

Gore, and a lot of people have labelled S.F.H. as politically incorrect.

R: I guess we're doing our job then, right? I'm not writing tunes for those people anyway. I take a lot of

pride in our lyrics, because our lyrics are very very tongue in cheek and we write a lot of songs that are like a B-horror movie and those ones are just for fun. We're not a band that give you a Chinese fortune cookie. We don't just hand you a couple of lines and say, "Here, eat this". We

hand you a ton of crap in a few paragraphs and most of them are pretty funny and when we try and do something serious like "Mourning Suicide", which we were dead serious about they turn around and say we were endorsing suicide.

Sometimes you just have to turn around and check out the world and say, "Human beings are fucked, because sometimes they don't know what they're talking about". You know, some people are influencing our kids, and I don't know who I'd rather have influencing our kids...Tipper Gore, that's a funny one. I don't know what I'd say about her.

L: What makes you different from any other band?

R: Well, our attitudes our pretty straight. If you're a goof, I don't want to talk to you, if you're a decent person, which are hard to find, then we'll get along great. On the music side of things, we don't get influenced by fads, we're true to what we do. What we do is what we mean and it's really strange, a lot of bands, and I won't use names, when you listen to their CD and then you see them live, you end up saying, "Man, that sounded like shit". We're not really a studio band. Our CDs sound pretty good, I like them, but when we play live that's where the power is and that's where people go, "Hey your CD is good, but you guys smoked me last night, it was a really cool show and I got into it". We also get a lot of people who aren't metal fans who say, "Hey that was pretty good", and I go, ya, good music is good music no matter what it is. We don't write a lot of filler tunes either, especially on the new album.

L: Speaking of your new album, what's the response been like to it?

R: It's been really cool. When you're writing tunes you're not sitting thinking down the road how people will perceive something, it's just a feeling. It's really cool to see a whole

bunch of people out there that feel the same way you do and like the same kind of tunes you do. You gotta find all the metal fans, and once they listen to it, it's like "Hey man, right on". It's been a really good response so far. Metal is hard, there's the odd show like yours (Ned's Mosh Crucible on CFLR 106.7 Cable FM) that helps out the metal scene and the Power 30, and other than that you got like M.E.A.T. n3

zine, and there isn't too much more than that. We just finished our new video and it'll be out next week and now we're out plugging away.

L: Which song is it for?

R: "I Like to Rest". Another B-horror movie, with a lot of cheese thrown in.

L: Where do you see S.F.H. going?

R: Right now we're really working on our European distribution and there's a guy looking at sending us to Europe for a 40 day tour. Europe is pretty smoking in the metal scene. I think the metal scene is going to take a spark plug jump and take off again, hopefully in '96, like it was in 1983 or '84. Touring in Canada...we love Canada, but it's difficult...very difficult, especially when the cities are spread so far apart. I really can't wait to get over to Europe, because I see that as being a real "All You Can Eat" kind of atmosphere and digging our new album.

L: Speaking of tours, how's the one you've been on since January 6th?

R: (Laughs) Already man, I think we gotta slow down. It's fun.

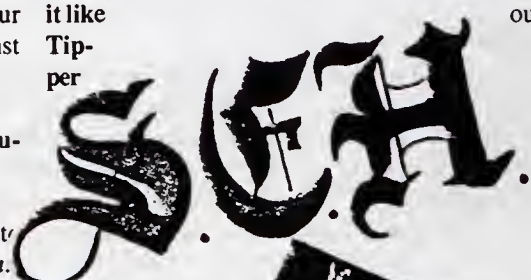
L: Anything weird happen?

R: Nothing yet. Actually that's the weird part, that nothing weird has happened yet. Sometimes people ask you, "What does S.F.H. stand for?" and depending on what day it is you're for sure gonna get the answer "Something Fucking Happens". Everytime we go to do something, something happens.

L: Thanks a lot Bob.

R: See ya brother.

S.F.H. played the Townhouse on Monday and simply moshed the house. If you missed it...too bad...



Good taste. I'm sure you



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September Child The Band, The Interview, The CD

by Dominic Vidmar
Staff Writer

September Child, an Ottawa-based quartet, is the last of the great unsigned bands. Categorized as medieval alternative, they've been around in one form or another for about three years. The significance behind their name has many interpretations. According to Dave Caplan (bassist), the meaning lies in the fact that the band was originally formed in September and was initially known as "September"; the "Child" part was added later. Another interpretation, that of Michael Surguy (drummer) is that "the band was formed in September. September used to be the seventh month; that's where you get the 'sept-' form. Seven is known as a lucky number. You know, the seventh son of the seventh son was considered lucky, gifted, etc. Also, September is a month of contradictions and extremes. The seasons are changing, the forest is alive with colour. You'll have Indian summer and snow all within one month. The Child-part? This thing is very important to us all, almost like a child with its mother." I personally prefer the second explanation.

This insight is typical of the band. When asked if any of them had day jobs (or, what do you do other than playing in a band), Caplan explained that he and Rory Dyck are students, Surguy spends his days practicing, practicing, practicing and Chris Dyck (lead singer) is a poet. This diversity of backgrounds contained within these four guys lends a variety of insights on life and relationships. It is impossible to pinpoint exactly what inspires September Child. Caplan states that he can be moved by a snowflake falling, an awesome guitar riff or a crack in the sidewalk. The band itself does not carry its musical influences into its music. The guys want to be unique and independent. Please do not try to compare them to any one group. One story that came out during my interview with Caplan and Surguy was about refusing to play cover tunes in a bar.

Some bar owners wanted only cover tunes played. The band played their own material; when questioned about the "strange new music" they were playing, they said that they were playing "obscure King Crimson or Pink Floyd songs." According to Caplan, this would make the audience pay more attention to the guys on stage and what the heck they were doing. The use of their own material is number one. Caplan stated that he has no respect for cover bands. "Anyone can get up there and play someone else's music. You want to impress me, play your own stuff. Show some originality." He continues by saying that cover bands are making their money riding other bands' coattails. Now, there's nothing wrong with making money this way, but you can't really be classified as a musician when you're copying someone else. Right on!! The intensity of this statement is relevant when one looks through the lyrics of their self-titled CD; it is enough to convince you of the intensity of this group.

Songs like "Crazy Annie", "Lucy" and "SunFALLhour" are stamped with that unique 'Child sound. The haunting vocals and crying guitars on "Thinkin' 'bout You So Badly" are enough to make you want to slit your

wrists; never has being dumped by a lover been so painful. Latin/jazz sounds, blues and rock, all meld together with outstanding poetry.

Do yourself a favour and catch these guys live! CDs can be ordered and the band contacted by writing to September Child P.O. Box. 4824 Station E, Ottawa Ontario, K1S 5H9



September
Child



Movie of the Week Clerks

"Just because they serve you, doesn't mean they like you!"

As a fitting testament to Sudbury's hard-working retail clerks, Cinefest presents the ribald comedy "Clerks" at the Grand Theatre on Thursday, January 26, 1995 at 8:00 P.M.

From first-time American director Kevin Smith, "Clerks" is a witty and funny look at the lives of two New Jersey convenience store jockeys over a 24-hour period. The irreverent Generation X'ers contend with an assortment of weirdo customers (like the woman plowing through the milk cartons to find the best expiry date) while addressing life's bigger questions, like how to operate the store while playing road hockey on the roof.

They, of course, also offer up their own jaded commentary on sex, the state of today's youth, funeral etiquette, amongst other disenchanted rumblings.

Filmed in black and white, on a reputed shoestring budget of \$27,000 U.S., "Clerks" features a grunge soundtrack with music by the likes of Alice in Chains and Soul Asylum. "Clerks", which has been compared to Quentin Tarantino's dark comedy styling minus the violence, won the Best Film in the International Critic's Week at last year's Cannes Film Festival.

Tickets for "Clerks" go on sale Friday, January 6, 1995 for \$6.07 (plus GST) at the Cinefest office (or by calling 688-1234) and the Regent Street South Quikmart location. Price includes movie, pizza and a beverage. Sponsored by MCTV and Q92.7 FM - Where Sudbury Rocks!

Band Jam '95

Sponsored by Burger King and the Guitar Clinic



A Search for Sudbury's Best Bands:

"Band Jam '95"



Presented by:
Association of Canadian Traveller
The Guitar Clinic
Burger King
Q92 FM

The search for Sudbury's best bands has begun! Registrations forms and demo tapes must be entered by this Friday, January 13th at 5:00 pm. Registrations forms are available (and can be returned to): Q92, The Guitar Clinic and Burger King.

This contest is open to all bands regardless of genre, size or language. All band members must be 19 or over. Preliminary judging will be handled by a panel of Q92 judges on Saturday January 14th. The final competition will be judged by Q92 Music Director Sean Barrette, Ben Rinaldo from The Guitar Clinic, Kevin White from Musicworks, Mike Peters from Pineland Music and members of the media.

All participants will be notified by phone if they have passed the preliminaries and will be competing on Saturday, February 4th "live" at Band Jam '95.

The prizes are: 1st: \$2,500 and a 12 hour recording session at Musicworks Studio
2nd to 6th: \$500 each

Media Contact: Vivianne Schell, Q92 Promotions Director, 566-4480

"Y'A JUSTE UN GROS, P'IS JE SUIS PAS GROS!"

LE GENRE DE PERSONNES QUI SUIVENT UN RÉGIME

Beaucoup de gens sont insatisfait de leur poids. En fait, une personne sur trois suit un régime amaigrissant, vient d'en terminer un ou a l'intention d'en commencer un.

La plupart des personnes qui suivent un régime amaigrissant font partie de l'une des trois catégories suivantes. De quelle catégori faites-vous partie

Les personnes ayant un excès de poids

Ces gens font vivre les éditeurs qui publient des livres sur les régimes amaigrissants parce qu'ils essaient tous les nouveaux régimes dans l'espoir de se débarrasser des kilos en trop. Ces personnes perdent du poids, mais dès qu'elles abandonnent leur régime, elle reprennent le poids perdu. Le poids d'un grand nombre de personnes de cette catégorie est sans doute trop élevé depuis quelques années.



Les personnes ayant un poids souhaitable

Certaines personnes ont un poids-santé adéquat, mais elles aimeraient être plus mince. Leurs vêtements ne font plus ou elles ont pris quelques kilos depuis un certain temps. Quelle que soit la raison, ces personnes entreprennent un régime amaigrissant dans l'espoir de perdre de deux à cinq kilos (cinq à dix livres).

Les personnes ayant un poids insuffisant

Ces personnes veulent un corps "parfait", sans aucune trace de graisse. Pour y parvenir, elles font probablement beaucoup d'exercice. Elles ne réalisent pas qu'elles sont minces et leur obsession à perdre du poids leur nuit, tant sur le plan physique que mental.

UNE NOUVELLE PERCEPTION

Puisque les régimes amaigrissants sont si peu efficaces, on se demande bien pourquoi les gens ont une fausse idée de ce qu'est un corps en santé. La publicité, les émissions de télévision, les films et les magazines de mode sont remplis de photos de personnes très minces. On veut faire croire que la minceur est une norme de beauté et de mode, qu'on présente d'ailleurs comme des atouts indispensables à la réussite.

Mais parfois, la mode change pour des raisons de santé. De nos jours, la notion de minceur est remplacée par le concept du poids-santé.

Ce nouveau concept reconnaît que le poids idéal n'est pas le même pour tout le monde, tout simplement parce que les gens n'ont pas tous la même taille et la même ossature. Il suggère plutôt une variété de poids acceptables selon la taille de chaque personne contribuant ainsi à éviter des problèmes de santé. Chaque personne doit déterminer la zone de

poids-santé qui lui convient.

Par exemple, une personne ayant une grosse ossature ou une musculature très développée peut se trouver au haut de la zone de poids-santé, tandis que le poids-santé d'une personne ayant une petite ossature peut se situer au bas de la zone.

Un des avantages du concept de poids-santé est que cette approche délaisse les régimes amaigrissants pour porter une plus grande attention aux habitudes alimentaires et aux activités physiques. Il est alors possible:

- de bien paraître
- de se sentir énergique et en santé
- d'être en forme
- de se concentrer sur des choses plus importantes que les régimes.



SON POIDS: UNE JUSTE MESURE

Les professionnels de la santé utilisent un indice scientifique appelé indice de masse corporelle (IMC) pour déterminer le poids-santé d'une personne. Servez-vous du tableau pour connaître votre indice de masse corporelle en suivant les étapes décrites ci-dessous:

- faites un X sur la ligne indiquant votre taille sur l'échelle A
- faites un X sur la ligne indiquant votre poids sur l'échelle B
- reliez les deux X par une ligne
- continuez la ligne jusqu'à l'échelle C

Votre indice de masse corporelle correspond au point indiqué par la ligne sur l'échelle C

Les exceptions

L'indice de masse corporelle a été conçu pour les adultes âgés de 20-65 ans dont la taille et la condition physique sont assez stables.

L'indice ne convient pas aux bébés, enfants, adolescents, femmes enceintes ou qui allaitent, personnes âgées, de même qu'aux personnes ayant une musculature très développée et aux athlètes d'endurance, comme les coureurs de longues distances.

Que signifie l'IMC?

Comme on peut le constater, le tableau comporte des zones de couleurs différentes. Maintenant que vous connaissez votre IMC, lisez la suite pour savoir ce qu'il signifie. Souvenez-vous que le poids-santé des personnes ayant une grosse ossature peut se trouver au haut de la zone, tandis que celui d'une personne ayant une petite ossature peut se situer au bas de la zone.

IMC inférieur à 20

Un IMC inférieur à 20 peut causer des problèmes de santé chez certaines personnes. Les personnes ayant un poids insuffisant peuvent souffrir, entre autre:

- d'irrégularité cardiaque
- de dépression et d'autres troubles émotionnels
- d'anémie.

IMC entre 20-25

Il s'agit de la zone de poids-santé de la plupart des gens. Si vous êtes dans cette zone et faites attention à votre alimentation, vous n'avez aucun problème de poids.

IMC entre 25-27

Si l'indice est dans cette zone, il faut surveiller son poids. Même s'il est acceptable, un indice situé entre 25-27 peut causer des problèmes de santé chez certaines personnes

IMC supérieur à 27

Plus l'IMC dépasse 27, plus on risque de souffrir de l'un ou l'autre des problèmes de santé suivants:

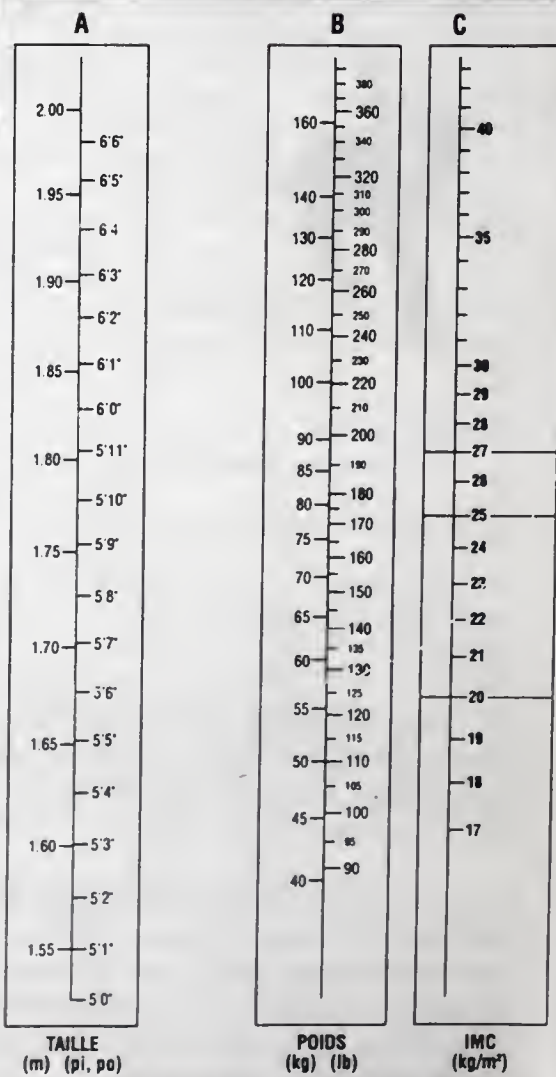
- d'hypertension
- de diabète
- d'une maladie du cœur
- de certains types de cancer

Adoptez de bonnes habitudes

Si l'IMC indique que son poids est au-dessus de la limite souhaitable, il est con-

seillé d'adopter de bonnes habitudes alimentaires et de faire de l'exercice, plutôt que de suivre un régime amaigrissants. Une personne dont le poids ne se situe pas aux extrêmes de la zone de poids-santé, n'a rien à craindre. Il faut apprendre à aimer (ou du moins à accepter) son corps tel qu'il est. Après tout, il est impossible de changer sa constitution, son ossature et sa taille.

L'indice de masse corporelle (IMC)

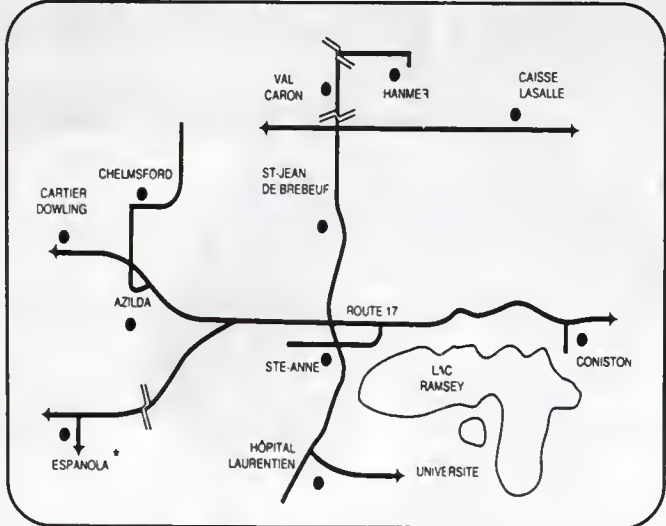


Adapté d'un tableau produit par Santé et Bien-être social Canada.



Caisses populaires de l'Ontario Région de Sudbury

• SITES DES GUICHETS AUTOMATIQUES



C.P. Cartier-Dowling
route 144 (Dowling)

*C.P. d'Espanola
147, rue Tudhope (Espanola)

C.P. de Chelmsford
29 Main E (Chelmsford)

C.P. Roussel de Coniston
24, rue Amanda (Coniston)

C.P. Azilda
43 Notre Dame E. (Azilda)

C.P. Ste-Anne de Sudbury
190, rue Larch (Sudbury)

C.P. Val Caron
3077 route 69 N (Val Caron)

Comptoir St-Eugène
239, rue Pine (Sudbury)

C.P. St-Jean-de-Brébeuf
531, rue Notre Dame (Sudbury)

C.P. St-Jacques de Hanmer
4477, rue Notre Dame (Hanmer)

Succursale la Toussaint
1476, Promenade Bancroft
(Sudbury)

C.P. Lasalle Sudbury
1380, Boul. Lasalle (Sudbury)

Hôpital Laurentien
41, chemin du Lac Ramsey
(Sudbury)

*Aucun guichet automatique
à cette caisse



de féculents, comme les fèves sèches, les pommes de terre, les pâtes, le riz et le pain. Les féculents sont moins gras et rassasient rapidement.

> Si vous devez manger à la course, vous trouverez dans la plupart des magasins dépanneurs de quoi faire un bon goûter, comme du lait, des jus, du yogourt, des muffins au son et un choix de fruits frais.

> Au restaurant, il est préférable de choisir de la viande grillée, du poisson bouilli, du poulet rôti, des pâtes ou une salade de fruits. Évitez les plats servis dans des sauces ou bouillons. Demandez qu'on apporte la vinaigrette de votre salade ou la crème de votre café pour que vous puissiez en contrôler la quantité.

que des croustilles et de savourer le sucre naturel d'un fruit mûr plutôt que manger un gâteau trop sucré.

> On peut stimuler ses papilles avec des assaisonnements faibles en calories, comme le jus de citron, l'ail, la moutarde, les fines herbes, les épices, la poudre de cari, la sauce chili et la salsa.

> Il n'est pas nécessaire de se priver de certains aliments. On peut manger tout ce qu'on aime, mais avec modération. Manger un beigne occasionnellement ne fait pas engraisser.

> Prenez l'habitude de manger plus

Prendre la bonne voie

Améliorer ses habitudes alimentaires peut être plus facile que l'on pense.

> Il ne faut pas sauter les repas, mais plutôt réduire les portions. Il faut s'habituer à manger de plus petites portions, surtout de viande, en réduisant graduellement la quantité.

> En cuisinant, utilisez des substituts à faible teneur en calories. Pourquoi ne pas remplacer la crème par du yogourt pour faire des trempettes ou pour mettre sur les pommes de terre cuites au four? Dans les recettes, on peut aussi remplacer le lait entier par du lait écrémé. Tous les détails comptent.

> Au début, on remarque la réduction de matières grasses et de sucre dans les aliments, mais le goût s'adapte rapidement. Il est préférable de grignoter des légumes frais plutôt



PLUS D'EXERCICE

Seulement la moitié des Canadiens affirment faire régulièrement de l'exercice. Les exercices aérobiques "avec oxygénation" améliorent le bon fonctionnement du système cardio-vasculaire, accroissent l'endurance, aident à réduire les graisses corporelles et peuvent même abaisser le niveau de cholestérol et augmenter le niveau de HDL (le "bon" cholestérol) dans le sang. De plus, ils peuvent aussi réduire la tension de façon importante. La marche rapide, la course, la natation et le cyclisme sont de bons exemples d'exercices aérobiques. Pour qu'un exercice aérobique soit sans danger et efficace:

- il doit être agréable!
- il doit être effectué régulièrement et assez vigoureusement pour accélérer modérément les battements de votre cœur - vous devriez respirer plus rapidement mais pas au point où vous ne pouvez tenir une conversation;
- il doit être pratiqué pendant au moins 15 minutes, au moins trois fois par semaine;
- il doit être précédé d'une période de réchauffement et suivi d'une période de refroidissement.

Partez gagnant

L'attitude est aussi un aspect qui peut faire toute la différence. Voici quelques conseils qui aident à atteindre et maintenir un poids-santé.

> Il faut être positif, avoir confiance en soi et en sa capacité d'atteindre son poids-santé.

> On perd du poids comme on en prend: lentement. Il faut se fixer un objectif de poids-santé à long terme et non tenter de l'atteindre en quelques jours.

> Le stress peut décourager les personnes les plus déterminées. Il ne faut pas se détourner de son objectif de poids-santé. L'activité physique, la méditation ou tout simplement la

musique sont des méthodes saines qui peuvent vous aider à contrôler le stress.

> Il faut éviter de se peser tous les jours. En se pesant occasionnellement, on évite de s'inquiéter des variations de poids.

> Lorsque vous avez des pensées négatives au sujet de votre corps, comme "j'ai des cuisses trop grosses", pensez aussi à quelque chose de positif à votre sujet, comme "je suis une personne aimable, j'ai le sens de l'humour, je suis un bon parent."

> Donnez-vous un certain temps pour vous ajuster à un nouveau régime alimentaire et à l'exercice physique

diabète ou d'autres maladies, b) si vous faites de l'embonpoint, c) si vous avez plus de 35 ans et n'avez pas été actif par le passé, d) si vous fumez.

Tout instructeur qualifié en éducation physique peut vous fournir de plus amples renseignements sur les exercices aérobiques.

La meilleure façon d'être en forme est de faire en sorte que l'exercice soit une activité courante de sa vie. Marchez jusqu'au magasin au lieu de prendre l'automobile et utilisez l'escalier plutôt que les ascenseurs. Il faut penser à toutes les occasions qui permettent de rester actif. Chaque activité est importante.



régulier. C'est la meilleure façon d'atteindre et de conserver votre poids-santé.

ANNONCES PUBLIQUES

Dans le besoin de trouver un tour?

Cherchez-vous un moyen plus économique pour vous rendre à l'université? Ou détestez-vous vous sentir comme des sardines en vous battant à travers le trafic? Ou détestez-vous tout simplement le fait de chercher du stationnement? Vous voulez partager le coût de transport? Si oui appelez, Jocelyne au 675-1151 poste 1089 entre 8h30 et 16h30 ou Sheri au 673-2158 après 17h.

Centre des femmes
Le Centre des femmes est toujours à la recherche de bénévoles et nouvelles membres pour la collectivité. Si l'actualité des femmes vous intéressent, être bénévole au

Centre serait une bonne expérience pour vous. Pour plus de renseignements, venez nous voir au local L233, ou composez le 675-1151 au poste 1089. On vous attend!

Assistants étudiants
Les Assistants étudiants de la Laurentienne sont prêts à vous rendre aide en cherchant des réponses à vos questions d'ordre académique ou personnel. Venez au bureau des Services aux étudiants (2e étage, édifice Parker) entre 9h et 16h tous les jours de la semaine, ou appelez 673-6506. C'est un service du Centre d'orientation et d'information.

Bourse
La Bourse commémorative Janet Springer, d'une valeur de \$450, est encore disponible.

Les exigences sont:
-étudiante de 2ième, 3ième ou 4ième année d'un programme de science ou de génie
-bon rendement scolaire et besoin financier
-il faut présenter une demande
Date limite: 27 janvier, 1995

La Garderie Touche-à-tout
La Garderie lancera, dès le 3 janvier 1995, un programme en soirée, soit de 17h30 à 22h30, financé par le Ministère des services sociaux et communautaires. Des subventions sont disponibles. Renseignements au 675-1151 poste 5030. S.V.P. en parler à vos étudiants, à vos collègues et à vos amis... La Galerie est située sur le campus dans le pavillon Alphonse Raymond.

Annonces publiques sont gratuites
Date de tombée pour annonces sont les vendredis à 16h30.

HÉ-O

Calendrier des événements de l'AGE



Une manif

Le 25 janvier nous encourageons tous les étudiants de participer dans cette démonstration contre la réforme de la société sociale.

Annonces générales

HOT LINE

Certaines informations vous manquent et vous avez des difficultés à vous procurer une copie du Lambda. Appelez-nous donc au 675-1151 poste 1059

SERVICES DE FAX

Services de télécopieur disponible à chaque jour dans le bureau de AGE, à de frais très raisonnables

RÉUNION DU CONSEIL DE AGE

Impliquez-vous! Chaque mercredi dans la salle SCE 239 dans le centre étudiant à 17h30 le conseil de AGE se réunisse

BUS D'ÉPICERIE

Chaque samedi commençant à midi, un bus voyagera entre l'arrêt de bus de SSR et LOEB au quatre coin. Le prix est de seulement un dollar.

SERVEZ-VOUS EN OU PERDEZ-LE!

POUR DES LOONEY CHAQUE SAMEDI DANS LE PUB

Venez au pub pour constater qu'est-ce que vous pouvez recevoir pour un dollar. Pas de prix d'entrée, des boissons pas chère et un temps épatant

PROMOTION DE PASSE V.I.P. AU PUB

Vous avez finalement la chance de gagner une passe de V.I.P. au pub.
Dites aurevoir au longues lignes d'attentes

SOUTIEN AU FONCTIONNEMENT POUR 1995-1996



Pour ce qui est de 1996-1997, le gouvernement a l'intention de maintenir les paiements de transfert à ces mêmes niveaux afin d'aider nos partenaires bénéficiaires des paiements de transfert à procéder aux rajustements nécessaires et à réaliser des économies permanentes une fois que prendra fin le contrat social. Toutefois, nous ne pouvons encore garantir les niveaux de 1996-1997, étant donné que le gouvernement fédéral a annoncé son intention de réduire ses dépenses, ce qui risque de toucher les paiements de transfert qu'il verse aux provinces.

Le gouvernement a déjà annoncé qu'en 1995-1996, une réduction de base de 19,5 millions de dollars serait appliquée aux paiements de transfert destinés aux universités et ce, en vertu du plan de contrôle des dépenses de 1993. Cette réduction est confirmée. Le montant des paiements de transfert destinés aux universités pour 1995-1996 s'élèvera à 1 821,0 millions de dollars. Ce montant exclut les subventions au titre de l'équité salariale. Conformément à la pratique établie, les subventions au titre de l'équité salariale seront calculées et ajoutées vers la fin de l'exercice financier et ce, en fonction des dépenses réelles signalées.

Du total de l'affectation aux universités, des sommes iront aux subventions à des fins spéciales (à l'exclusion du programme de renouvellement du corps professoral, qui a pris fin l'an dernier tel que prévu) et à la gestion des reports des dépenses introduits en vertu du plan de contrôle des dépenses de 1993-1994. Ces sommes n'ont pas encore été déterminées. Je demanderai l'avis du Conseil ontarien des affaires universitaires en ce qui concerne la répartition des fonds restants, conformément aux méthodes établies. Je crois pouvoir demander officiellement l'opinion du COAU d'ici quelques semaines.

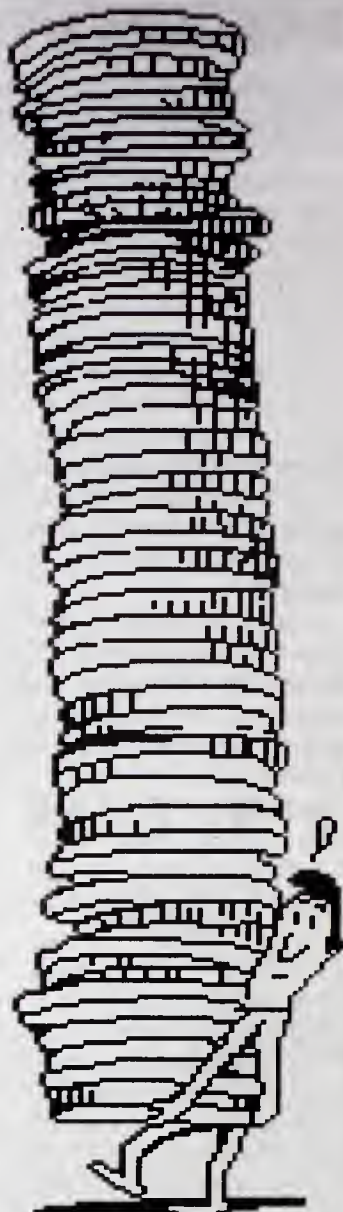
Comme vous le savez, les réductions apportées depuis 1993-

1994 en vertu du contrat social constituent des réductions permanentes pour tous non partenaires bénéficiaires de paiements de transfert. Le contrat social donne une période de trois ans au cours de laquelle les établissements d'enseignement peuvent procéder à une restructuration et réaliser des économies permanentes et ce, avant que prenne fin le contrat social au début de 1996-1997.

Le ministre des Finances a aussi annoncé la création d'un nouveau programme du secteur public visant la formation et l'adaptation de la main-d'oeuvre. Ce programme permettra au secteur public d'accéder à des fonds destinés à des activités de restructuration allant au-delà de celles liées au contrat social. Le gouvernement communiquera sous peu avec vous pour discuter de la mise en oeuvre de ce programme.

Le gouvernement a annoncé l'an dernier le montant des droits de scolarité pour 1995-1996, et je confirme aujourd'hui ce montant. En 1995-1996, une hausse de dix pour cents sera appliquée aux droits de scolarité par rapport aux droits de 1994-1995. Ainsi, en 1995-1996, les droits de scolarité des étudiantes et étudiants des programmes de premier cycle en arts et en sciences seront de 2 451\$. Le Régime d'aide financière aux étudiantes et étudiants de l'Ontario reconnaîtra, aux fins de l'évaluation des besoins des étudiantes et des étudiants, le plein montant des nouveaux droits de scolarité ainsi que tous les frais accessoires obligatoires et supplémentaires négociés en vertu de la nouvelle politique élaborée l'an dernier.

L'année 1995-1996 posera de nombreux défis au secteur universitaire et lui offrira maintes occasions de faire ses preuves. La fin du contrat social approche et nous devons alors avoir réalisé une réduction permanente de nos dépenses. Le Conseil ontarien des



affaires universitaires conseillera le gouvernement en ce qui concerne l'affectation des ressources aux universités. Nous travaillerons ensemble pour répondre aux questions soulevées par la réforme de la sécurité sociale envisagée par le gouvernement fédéral. Le soutien au fonctionnement annoncé aujourd'hui, ainsi que la hausse des droits de scolarité déjà annoncée, constituent une plateforme stable de revenu qui permettra de surmonter les défis de l'année à venir.

Le ministre et député de Windsor-Riverside, Dave Cooke

Le ministre des Finances Floyd Laughren vient d'annoncer à l'Assemblée législative les paiements de transfert que versera le gouvernement pour 1995-1996 et 1996-1997. Vous trouverez ci-jointe à titre d'information une copie de sa déclaration. Au cours des quatre dernières années, le gouvernement ontarien s'est efforcé de maintenir un équilibre

raisonnable, appuyant et maintenant les services du secteur public tout en réduisant le déficit provincial. Fidèle à cette optique, le gouvernement a de nouveau maintenu les paiements de transfert aux niveaux de l'an dernier et ce, sans apporter d'autres réductions que celles déjà annoncées en vertu des initiatives liées au plan de contrôle des dépenses et au contrat social.

LA

SECTION
FRANÇAISE

N'aboyez pas
à la claire de lune
personne vous écoutera.



Prenez le bon pas
attaquez Lambda.

Pour de plus amples
renseignements
contactez-nous au 673-6548

LES ÉTUDIANTS PRÉPARENT UN HIVER CHAUD À AXWORTHY

François Robert
Vice-Président AGÉCAL

LaSalle, le 16 décembre 1994. Des représentants d'une vingtaine d'associations étudiantes, collégiales, universitaires et groupes de jeunes, francophones et anglophones, se sont réunis hier et cet après-midi afin de préparer leurs actions contre la réforme Axworthy.

Aujourd'hui, sur l'invitation de l'Association Générale des Étudiants du Cégep André Laurendeau (AGÉCAL), le regroupement a vite atteint un large consensus sur les moyens à prendre pour contrer la réforme des programmes sociaux.

Craignent les effets de la réforme sur les plus démunis et sur les étudiants et particulier, les associations se sont entendues pour accentuer l'information auprès de la population étudiante "les étudiants n'acceptent pas les coupures de 324 millions dans l'enseignement supérieur au Québec" de noter Stéphane Bélanger-Graver de l'AGÉCAL "cela peut entraîner une hausse de 96% des frais de scolarité."

Une manifestation monstre est planifiée le 25 janvier 1995, date qui concorde avec la grève étudiante nationale de la Fédération Canadienne des Étudiants et Étudiantes (FCEE). Une marche débutera à 14h30 devant le complexe Guy-Favreau et se terminera devant la maison de mère de Radio-Canada à 17h30.



Lady "Vee-Skis" Optimistic

by Jason King

Contributor

As the snow begins to fall and the temperatures plummet most Laurentian students, including myself, go into hibernation. However, for a few brave athletes known as "Nordic Skiers" the snow represents a new start to their season. This is a time of transition from roller-skis to the "real thing" and although this means training in Sudbury's harsh winter conditions the team eagerly anticipates peak snow quality. The 1994-95 edition of the Laurentian women's Nordic ski team is very optimistic about the upcoming OWIAA season.

By comparing last year's team to this year's, it is easy to understand the optimism of the team members and coach Ken Sidney. The 93-94 edition had but two members both of whom have returned to compete this season. By adding four rookies to the mix, the Lady "Vee-Skis" should challenge for the OWIAA team title. Individual hopes will rest on veteran returnees Bronwen Davies and Shannon Dunn.

As a fifth year team member Shannon Dunn is the most experienced skier at Laurentian. Dunn, a native of Sudbury, is in her final year of study in Biology. Despite the time required for dedicated training Dunn has managed to earn herself an academic graduate award.

Individually as a skier she has also been successful. At the OWIAA level Shannon had a third place finish in 1991-92 and a fourth place showing in 93-94. Hopefully the 94-95 season will be a successful conclusion to the University experience for Shannon.

Fellow returnee Bronwen Davies aims to ensure that this year will be a success for Dunn and the team. Davies is a second year student who comes to L.U. all the way from Dartmouth, Nova Scotia. In Nova Scotia, Bronwen has been a member of the provincial team for three years and she will be competing in the Canada Winter Games for her province. She will also be competing in Ottawa at the coming Junior Canadian Nationals. Last year Bronwen had seventh and ninth place finishes at the OWIAA's and a second place finish in the relays. For her performance Davies was also named to the OWIAA all-star team. If Davies and Dunn hope to have a good team performance in competitions this year they will need the support of the four rookie team members.

Amy Cleaves, Carol Cox, Laura Hubbard, and Hillary Morgan are the new additions to L.U.'s Nordic ski program. Cleaves is a third year

Phys-Ed student from Woodstock who has past experience at the OFSAA level. Carol Cox is a second year student who also comes from the south and hopes to contribute to the team. Hubbard and Morgan are both first year students. Hubbard is a twenty year old from Bright who has some experience at the provincial and national level. If Laura can overcome some nagging injuries she will be a great asset to the team. Overall, the future looks bright for the skiers and our University which they represent. Hopefully you will come out to cheer them on during races or support their upcoming fundraising events. Remember, the ski team doesn't have a large budget so they will need the support of you, the student body.



Photos by Dan Scott

Veas Drop First Game

by Dan Scott

Sports Editor

Last Saturday the Laurentian Voyageurs Men's Basketball team opened their regular season at home with a loss against the University of Toronto Blues by a score of 72-63. The loss was a combination of inconsistent play on the part of the Voyageurs and a well-executed defensive plan by the Blues.

For this Voyageurs team, one can almost predict the outcome of the game from a single stat: three-point shots made. On this night, the line read 3 successful attempts out of 19. Not a number one would expect from the Veas. This stat reflects the manner in which Toronto took away the Veas' perimeter game and forced them to take the ball inside, where forwards Mike Scott and David Mate were simply outmatched in size and experience in the form of Carl Swantee and the Dressler twins, Jason and Lars.

Although Laurentian kept the score close during the first half of the game, at 33-29 in the Blues' favour, a Voyageur tendency to occasionally lose focus was exemplified by a late pass from a usually reliable 2nd year guard which strayed wide of its mark and landed squarely in Coach Campbell's hands. Another example of the bizarre flavour of the game is the fact that Shawn Swords was held to only 8 points.

Yet, with all of the miscues and odd occurrences, Laurentian managed to hold Toronto to within a 4 point margin until the final four minutes of the game. Incredibly brave officiating helped, as, at one point in the second half, the Veas had accumulated just a single foul in comparison to the Blues' nine. Still, Toronto overcame their hardships and began a run at the sixteenth minute which finally put the game out of reach of the Voyageurs.

High scorers for the Veas' effort were Brad Hann, with 16 points, and Blair Morris, with 14. The Veas travel to York and Ryerson this weekend where they hope to put the recent past behind them with strong, consistent play.

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Vee Line

Athletes of the Week

The Laurentian Voyageurs' Athletes of the Week are Dianne Norman and Pete Gombocz. Dianne, a 6'1" 5th year post player for the Lady Vees Basketball team, gave an outstanding performance against the U of T Blues last weekend. Norman scored 17 points, 9 rebounds, and 8 assists in her well-rounded effort.

Pete Gombocz, a 6'5" 3rd year power member of the Voyageurs Volleyball team, performed exceptionally well in the bronze medal game of the Ryerson Invitational. Gombocz nailed 8 kills and 1 stuff block in the Voyageurs' victory over the Brock Badgers.

Volleyball Vees Win Bronze at Ryerson

The Laurentian Voyageurs Men's Volleyball team started the playoff round at the Ryerson Invitational Tournament with a game versus the Guelph Gryphons. The Vees won 15-1, 15-7, led by game MVP Paul Rainville who had 10 kills and 2 blocks. The win put the Vees into the semi-final versus the 8th ranked Waterloo Warriors. The Vees lost in a back and forth match 9-15 and 5-15. Game MVP was newcomer Bob Packus with 8 kills and 1 block. The loss meant Laurentian faced the Brock Badgers for the bronze medal. The Vees came out on top with a score 15-5 and 15-7. Pete Gombocz was the game MVP with 8 kills and 1 block. The Vees next action takes place on Friday when York comes to Sudbury.

Nordic Skiers Shine at Hiawartha Invitational

The Laurentian Voyageurs Nordic Ski team traveled over the weekend to Sault. Ste. Marie to participate in the Hiawartha Invitational. The Vees dominated, winning all four events. Saturday featured classic style racing with the men competing on a 10KM course and the women on a 5KM course. Leading the way for the Voyageurs were Ben Sidney and Shannon Dunn, who won their respective races. On Sunday the team took part in freestyle races with the men using a 20KM course and the women a 10KM course. Once again the tandem of Ben Sidney and Shannon Dunn won.

Vees Excel at First Chance Qualifier

The Laurentian Vees Track and Field team attended the season opening First Chance Qualifier in Toronto on Saturday. The Vees had a good showing with seven personal bests, a new school record and one CIAU qualifier at the event. Leading the way were Laurentian meet MVP's Jama Ross and Jason Lash. Jason Lash set a personal best in the 300m race with a fourth place finish. Jama Ross finished second in the triple jump and qualified for the CIAU's.

Other personal bests were recorded by Darren Maddill in the 60m hurdles, Glenn Lamothe in the 600m, Rob Vanden Hengel and Gary Kavanagh in the 1000m, Lynn Kabaroff in the 60m, and Lisa Trahnan in the 300m. The team of Suzanne Peters, Lisa Trahnan, Jen Dewan, and Leslie Bauman set a school record in the 4X800m.

This weekend the Track and Field team travels south to take part in the Spectator Games in Hamilton on Friday and at the York Classic on Saturday.

Shaking Off The Blues

by Dan Scott
Sports Editor

On Saturday, January 7th at the B. F. Avery Gymnasium, the Lady Vees Basketball team played magnificently in what was probably their most important regular-season home game of the year. The 4th-ranked hosts downed their 6th-ranked rivals, the U of T Blues, with a final score of 72-54. The win has resulted in the Lady Vees vaulting to 2nd place in the national rankings.

It was "a great way to start the year" said head coach Peter Ennis, especially since the Blues had proved to be post-season poison for the Vees in their provincial and national matchups last year. Shaking off the spectre of those losses early by such a decisive margin against a fellow nationally ranked team is a crucial confidence builder for the team.

At the half, Laurentian led Toronto by merely 4 points with a score of 33-29. The Lady Vees looked very strong in the second half, as their relentless fast breaks wore down the tiring Blues. Sue Stewart was seen slashing through the U of T defense time and again, inevitably making the layup or drawing the foul. Sue's efforts were rewarded with 25 points for the Laurentian cause.

Joy McNichol and Dianne Norman appeared to be playing in sync as they each contributed stand-out performances and combined for a fine game. Joy gave a 20 point performance, while Dianne nailed 17 points and dished out 8 assists, most of those going to McNichol.

The Blues' Justine Ellison had a great game, scoring 22 points against the Vees, but found little help from her teammates. Toronto's Sharon Butler, normally a 3-point threat, was hampered by an obvious knee injury and a bulky brace. Coach Ennis expressed confusion at rival coach Michelle Belanger's decision to keep the offence-impaired Butler on the floor for a large portion of the game.

Ennis continues to tinker with the starting five, placing Sue Stewart and Tanya Tatti on the floor in place of

Sarah Kieffer and Shelley Dewar. Sue, despite joining the team at such a late date, has obviously worked very hard at conditioning since she remained on the floor for most of the game and displayed few signs of tiring. Tanya lived up to her write-up in the newly-released Laurentian Basketball program by contesting "every inch of the basketball floor" with her aggressive defensive style. The bench is deep and filled with quality players, a factor that revealed itself as substitutions proved the Vees continued to play a strong defensive game.

Laurentian's home crowd was enthusiastic but somewhat small, something that could be blamed mostly on the desire of students to wait until the last possible date to return to the university. The next home game will be played on Saturday, January 28, when the Lady Vees host the Carleton Ravens. Looking forward to this weekend's game, the Lady Vees travel to York on Friday and Ryerson on Saturday. Coach Ennis exclaimed that he hoped to "whack the tar" out of the opposition this weekend, and if the Vees carry on playing the way they took on U of T last weekend, they have a very good chance of doing just that.

Photos by Dan Scott



Sudburian Qualifies in World Sailing

Susan Banbury, of Sudbury, qualified to represent Canada at the World Championships in Auckland, Zealand, later this month. This event, taking place January 27 to February 4, will be competed in the Olympic "Europe Dinghy Class".

Banbury has a national ranking of fourth, a North American ranking of eighth and a world ranking of 42nd on the IYRU (International Yacht Racing Union) ranking list. The ranking is comprised of major regattas from around the world. Banbury will be one of four Canadians competing at the Worlds. Other competitors include Tina Moberg-Parker and Beth Calken of Vancouver, and Sue Emerson of Calgary.

We wish her luck during her competition.

OUAA Update

OUAA Athlete of the Week

Brad Haelzle, a forward with the University of Guelph Gryphons Hockey team, is the OUAA Athlete of the Week. The 4th year Sociology student from Waterloo scored 3 goals and added 2 assists in an 11-3 win over Toronto Saturday and had 1 assist Friday against the Blues as Guelph maintained their lead in the Mid East Division.

Basketball

Six teams in the OUAA Basketball league got off to an early start in the regular season schedule last weekend.

In the East Division, the Toronto Blues came up with an important road victory as they downed the defending conference champion, Laurentian Voyageurs, 72-63 in Sudbury. Carl Swantee scored 15 points for the Blues while the Voyageurs were paced by Brad Hann's 16 point performance.

In the West Division, the Lakehead Nor'Westers and Western Mustangs split a pair of contests in London. Friday, Jason Meekie scored 25 points and pulled down 12 rebounds in a 66-65 Mustang win. Saturday, Craig Law and Peter Brown each scored 24 points as the Thunder Bay school prevailed 76-66. In Windsor, the Brock Badgers needed overtime to edge the Lancers 98-94 as Clint Holtz notched 32 points while Patrick Osborne had 31 for Windsor.

All teams in both divisions will be in action this week. CHCH TV will televise the Laurentian at Ryerson game Saturday live beginning at 2:00 p.m. This is a matchup of last year's Divisional Final won by the Voyageurs.

Hockey Standings

FAR EAST	GP	W	L	T	F	A	TP
UQTR	13	10	0	3	78	37	23
Ottawa	12	7	3	2	52	31	16
Concordia	12	7	3	2	43	42	16
McGill	12	5	6	1	53	47	11

MID EAST	GP	W	L	T	F	A	TP
Guelph	14	8	3	3	67	40	19
Toronto	14	4	5	5	45	56	13
Queen's	14	3	9	2	43	59	8
RMC	15	0	13	2	28	87	2

MID WEST	GP	W	L	T	F	A	TP
Brock	14	8	5	1	65	49	17
York	14	6	7	1	56	50	13
Ryerson	14	5	9	0	36	71	10
Laurentian	14	4	10	0	42	69	8

FAR WEST	GP	W	L	T	F	A	TP
Laurier	12	9	3	0	59	36	18
Western	12	7	4	1	57	36	15
Waterloo	12	5	5	2	48	46	12
Windsor	12	3	6	3	34	50	9

Women's Basketball

1. Winnipeg (1)
2. Laurentian (4)
3. Manitoba (2)
4. Victoria (3)
5. Western Ontario (5)
6. Toronto (6)
7. Concordia (NR)
8. Dalhousie (8)
9. Laval (7)
10. Calgary (10)

Men's Basketball

1. Winnipeg (1)
2. Brandon (2)
3. McMaster (3)
4. Alberta (4)
5. Victoria (5)
6. Concordia (6)
7. Ryerson (8)
8. Brock (7)
9. Toronto (NR)
10. Dalhousie (10)

New Year, New Wave

by Dan Scott
Sports Editor

I visited the weight room at the B. F. Avery Athletic Complex this afternoon and quickly realized my mistake. There was a horde of people crammed into the area, many of whom looked a little awkward and / or a little bit intimidated by the hulking regulars. Another wave of New Year's resolutions being put to the ultimate test—trial by iron.

Now, when I said that I made a mistake, I meant that about my timing. To avoid the crowds, I should have headed over a hell of a lot earlier in the day. As far as the inexperienced users go, I don't begrudge them the opportunity to transform their bodies into a perfectly angular slab of muscle. All that I ask, on behalf of those who have moved iron regularly before, is that they

observe a few basic principles of conduct in the weight room.

The first principle is never to be afraid to ask for a spotter when using free weights. If you're training at the limits of your strength, it's not macho to go it alone, it's stupid. Nothing is more gruesome than the sight of a limb moving in a direction it was never supposed to move in. It's hard to focus on forcing a final rep when someone beside you is moaning in pain. Going with a buddy is probably the best option, because they'll be good at motivating you as well, but if that's not an option, ask someone to spot you. Most people would be glad to help, especially if they're at the same station. That means that you can reciprocate while they go through their reps.



This leads to the second principle. If you finish a set at a station (inclined bench, shoulder press, whatever) and someone is clearly waiting at the same station, get up and let them do a set. You probably want close to a minute of rest between sets;

and a set of 10 reps should take, with full positive and negative resistance, a maximum of one minute. Sounds just about right for two people to share a station.

Third, don't fall into the trap of the newly converted. This trap occurs when you work out for a week, then commence telling everybody just how great/tired/sore your body is (really just a thin veil over the vanity of letting everyone know that you are among the ranks of the weightlifting). In severe cases the newly converted attempts to convert everyone else *ad nauseum*. Face it, most people that want to do it, will do it of their own accord. The last problem with such demonstrations of your weightlifting "habit" is that, should you quit working out a few weeks later, you're left looking pretty foolish. And none too defined, either.

Finally, most weightlifters are pretty cool people. The self-discipline that lets them continue lifting often carries over into the rest of their personality. But most people don't feel too happy in the middle of an intense workout, so give them some space. Pumping iron requires a lot of concentration to do it properly. Staring at members of the opposite sex who have developed attractive physiques is not suggested. If their partners also happen to be working out, then the resultant aggression levels might not be pretty.

If you follow these basic principles, your weightlifting etiquette will fall in line. Most of you will probably be gone in a couple of weeks anyways, but I sincerely hope that you hang in there and enjoy your time working out. Just respect those around you and remember the goals that you have set for yourself

Lady Vees' New Year's Eve

by Dan Scott
Sports Editor

The Laurentian Lady Vees basketball team endured a tournament-shortened but very successful Christmas break. On December 30 the Lady Vees played the first game of the St. Mary's University tournament in Halifax against the Acadia Axeman and won 84-53. On New Year's Eve, while most of us were quaffing large quantities of beverages, the Lady Vees celebrated with a 63-42 win over the 8th-ranked Dalhousie Tigers. The Vees played their championship game on January 1 against Concordia and accomplished a 55-45 victory after an intensely physical game marked by almost comical technical mishaps.

Perhaps the most notable aspect of the tournament was the return of Sue Stewart to the Lady Vees Basketball team after a one-year leave of absence in Europe. Stewart decided in early December to play out her fifth year of eligibility and three weeks later was on her way out to Halifax with the team. The addition of Sue, with her four years of experience as a Lady Vee and one year playing semi-pro basketball in Germany, was "an early Christmas present" for coach Ennis and for the entire team. Stewart, not expected at that time to start, immediately made an impact on the squad. McLean said she made full use of her three weeks:

"she practised well and intensely, and was hungry to play—Sue did a great job preparing herself, in conditioning and in learning our offensive plays." The work paid off as Stewart started and performed well.

Accomplishing the tournament championship was quite remarkable since the Vees were forced to travel and play without their head coach, Peter Ennis, due to his brief illness. Assistant coaches McLean and Angela Morse performed admirably by combining Ennis' parting thoughts on preparing for the games with their own analysis of the particular situations they were faced with.

The Vees also had a long lapse of competition working against them. Their most recent game prior to the St. Mary's tournament was in mid-November on their road-trip to Michigan. Against Acadia, in their first half of competitive basketball in six weeks, assistant coach McLean said that the Vees spent most of their time "getting the cobwebs out." In the second half the Lady Vees improved by 100% and made the game the blow-out that it was. Dianne Norman was the leading scorer with 19 points.

Against Dalhousie, Dianne contributed a phenomenal 27 points. McLean called the score misleading, and described it as "a dog-fight from the tip-off to the end of the game."

The Tigers forced a higher game tempo on Laurentian, with quicker backcourt players than the Axemen, and also fielded a more physical team than Acadia, but the Lady Vees responded with "good [defence]; our big girls contained theirs," according to McLean.

The championship game against Concordia was the culmination of the progressively tougher teams Laurentian had faced throughout the tournament. Concordia had the most intense, quick backcourt that the Lady Vees faced in the tournament, and the game was extremely physical. Assistant coach McLean praised the post players as "they rose to the occasion—it was a very physical game that the refs let the teams battle out."

The entire team did a great job of refocussing upon the game after the game clock broke down just as the Vees began a run on the Stingers in the first half. After a 25 minute delay and the decision of the officials to carry on the game with flip charts and manual timing of the game, Laurentian blocked out the distractions and achieved the tournament championship. It was a great effort by a team which, apart from Dianne and Sue, is still pretty young overall, and it was an excellent way to begin 1995.

A NEW BEGINNING...

